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GYMNASTIC AND FOLK DANCING



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# GYMNASTIC AND FOLK DANCING

VOLUME I.

Solo Dances

Prepared by

MARY WOOD HINMAN

NEW YORK AND CHICAGO

THE A.S. BARNES COMPANY.

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# HINMAN GYMNASTIC and FOLK DANCING

VOL. I.

Solo Dances

Polish Dance.

1. Pas de basque.
2. Invitation step (Dance with me).
3. Slide to left and click heels.
4. Hop, touch, step, touch.
5. Waltz 4 measures forward, step, step and fling arms. Repeat going backwards.
6. Like first step.

Allegro

413320

XAVER SCHARWENKA, Op. 3, No. 1.

22/3/26 .60/1/2  
OCT 22 1930

*Start. I.*

The musical score is written for piano in 3/4 time, key of B-flat major. It begins with a 'Start. I.' marking. The first system includes dynamic markings *ff* and *sf*. The second system continues the melody and accompaniment. The third system includes a 'ten.' marking and ends with a double bar line. The score is written for piano with treble and bass staves.



II.

Measures 1-4 of section II. The music is in 2/4 time with a key signature of three flats (B-flat, E-flat, A-flat). The melody in the treble staff features eighth and sixteenth notes, while the bass staff provides a harmonic accompaniment with chords and single notes. A piano (*p*) dynamic marking is present in the first measure.

Measures 5-8 of section II. The musical texture continues with similar melodic and harmonic patterns. A piano (*p*) dynamic marking is present in the sixth measure.

Measures 9-12 of section II. The section concludes with a final cadence in the treble staff, while the bass staff continues with a few more notes.

III.

Measures 1-5 of section III. This section is characterized by a more rhythmic and accented style. The treble staff features chords and accented notes, while the bass staff has a steady accompaniment. A *sf* (sforzando) dynamic marking is used in measures 1, 2, 4, and 5.

IV.

Measures 1-4 of section IV. The music returns to a more melodic style. The treble staff has a flowing melody, and the bass staff provides a supportive accompaniment. A piano (*p*) dynamic marking is present in the second measure.



POLISH DANCE (Continued)

V

243

Measures 243-245. Treble clef, key of B-flat major. Measure 243: Quarter note G4, quarter note A4, quarter note B4, quarter note G4. Measure 244: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 245: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Bass clef: Measure 243: Quarter note D3, quarter note E3, quarter note F3, quarter note G3. Measure 244: Quarter note A3, quarter note B3, quarter note C4, quarter note D4. Measure 245: Quarter note E4, quarter note F4, quarter note G4, quarter note A4.

Measures 246-250. Treble clef: Measure 246: Quarter note G4, quarter note A4, quarter note B4, quarter note G4. Measure 247: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 248: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Measure 249: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 250: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Bass clef: Measure 246: Quarter note D3, quarter note E3, quarter note F3, quarter note G3. Measure 247: Quarter note A3, quarter note B3, quarter note C4, quarter note D4. Measure 248: Quarter note E4, quarter note F4, quarter note G4, quarter note A4. Measure 249: Quarter note B4, quarter note C5, quarter note B4, quarter note A4. Measure 250: Quarter note G4, quarter note F#4, quarter note G4, quarter note A4. *rit.* (ritardando) marking above measure 248.

VI

X

Measures 251-255. Treble clef: Measure 251: Quarter note G4, quarter note A4, quarter note B4, quarter note G4. Measure 252: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 253: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Measure 254: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 255: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Bass clef: Measure 251: Quarter note D3, quarter note E3, quarter note F3, quarter note G3. Measure 252: Quarter note A3, quarter note B3, quarter note C4, quarter note D4. Measure 253: Quarter note E4, quarter note F4, quarter note G4, quarter note A4. Measure 254: Quarter note B4, quarter note C5, quarter note B4, quarter note A4. Measure 255: Quarter note G4, quarter note F#4, quarter note G4, quarter note A4. *ff* (fortissimo) marking below measure 251. *sf* (sforzando) marking below measure 252. *sf* marking below measure 253. *sf* marking below measure 254. *sf* marking below measure 255.

Measures 256-260. Treble clef: Measure 256: Quarter note G4, quarter note A4, quarter note B4, quarter note G4. Measure 257: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 258: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Measure 259: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 260: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Bass clef: Measure 256: Quarter note D3, quarter note E3, quarter note F3, quarter note G3. Measure 257: Quarter note A3, quarter note B3, quarter note C4, quarter note D4. Measure 258: Quarter note E4, quarter note F4, quarter note G4, quarter note A4. Measure 259: Quarter note B4, quarter note C5, quarter note B4, quarter note A4. Measure 260: Quarter note G4, quarter note F#4, quarter note G4, quarter note A4. *Slower.* (Ritardando) marking above measure 256.

Measures 261-265. Treble clef: Measure 261: Quarter note G4, quarter note A4, quarter note B4, quarter note G4. Measure 262: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 263: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Measure 264: Quarter note F#4, quarter note G4, quarter note A4, quarter note B4. Measure 265: Quarter note C5, quarter note B4, quarter note A4, quarter note G4. Bass clef: Measure 261: Quarter note D3, quarter note E3, quarter note F3, quarter note G3. Measure 262: Quarter note A3, quarter note B3, quarter note C4, quarter note D4. Measure 263: Quarter note E4, quarter note F4, quarter note G4, quarter note A4. Measure 264: Quarter note B4, quarter note C5, quarter note B4, quarter note A4. Measure 265: Quarter note G4, quarter note F#4, quarter note G4, quarter note A4. *Faster.* (Accelerando) marking above measure 261. *sf* marking below measure 262. *sf* marking below measure 263.



Mrs. Wyman '06

# Hungarian Dance.

(Dance of Exil:)

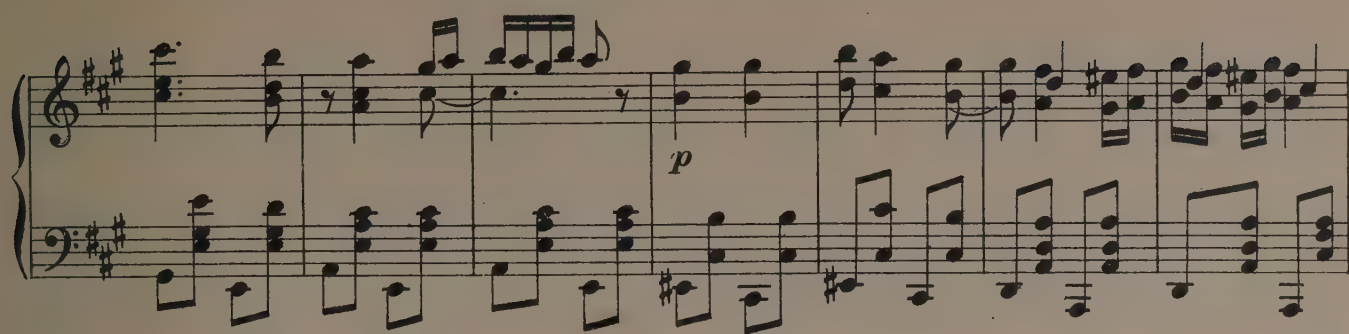
1. Left foot forward, rise on toes and sink-Repeat to side end with points.
2. Figure 8- Polka step.
3. To side-draw-swing Pas de Basque.
4. Cut and Fargo.
5. Fly-hit heels-jeté.
6. Cut to side, Fargo step to side-head down up, arms folded.

*I - V*

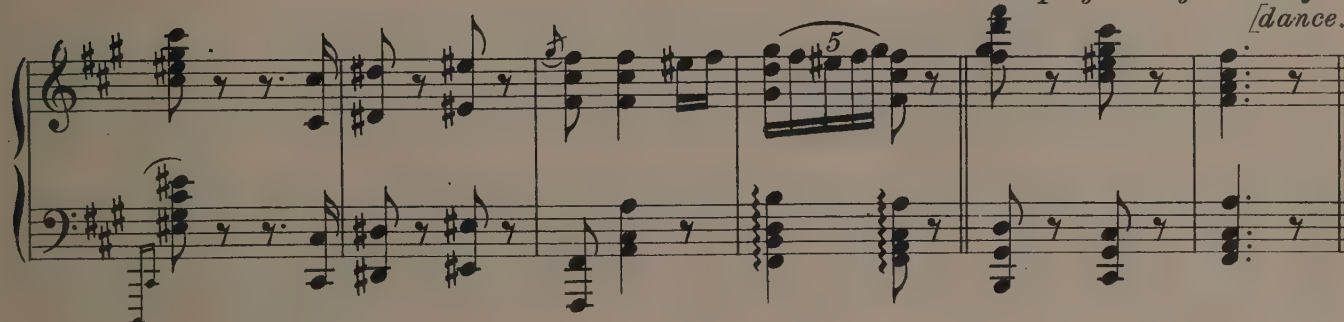
*II - VI*



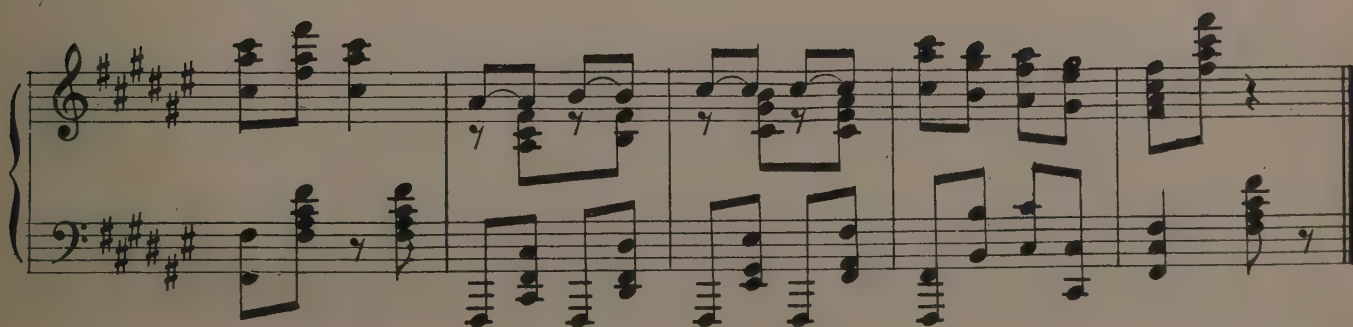
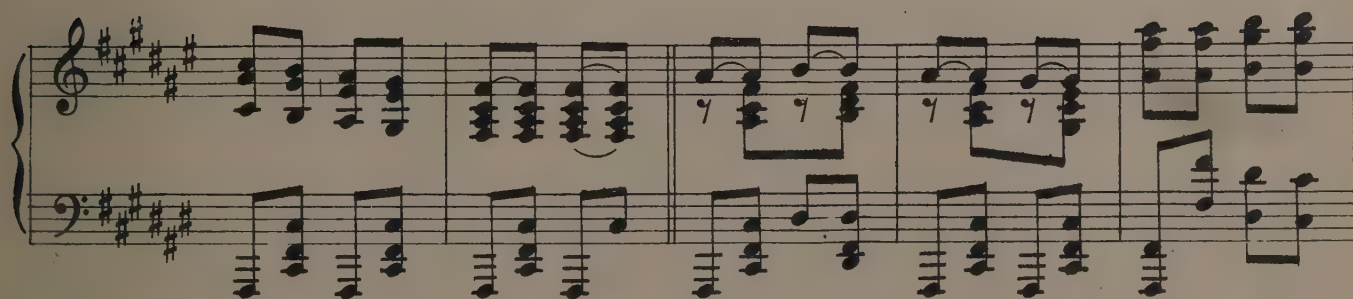
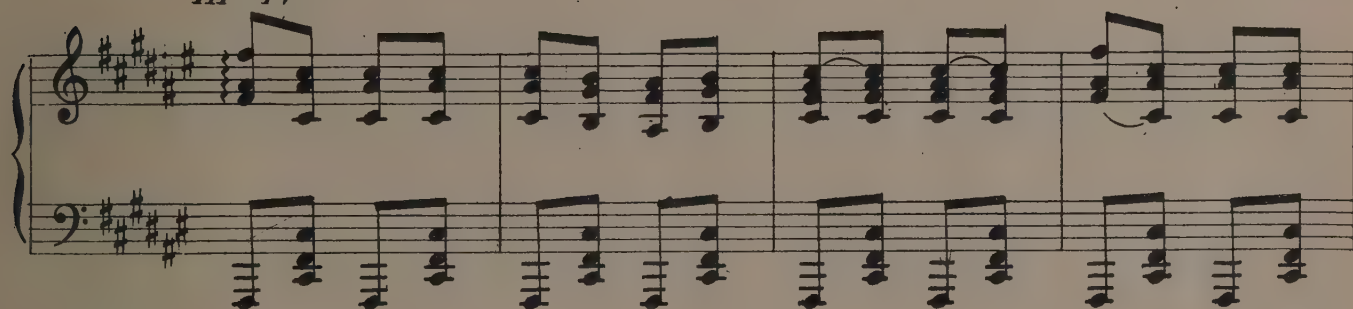
HUNGARIAN DANCE (continued)



*To be played only at end of  
dance.*



III - IV

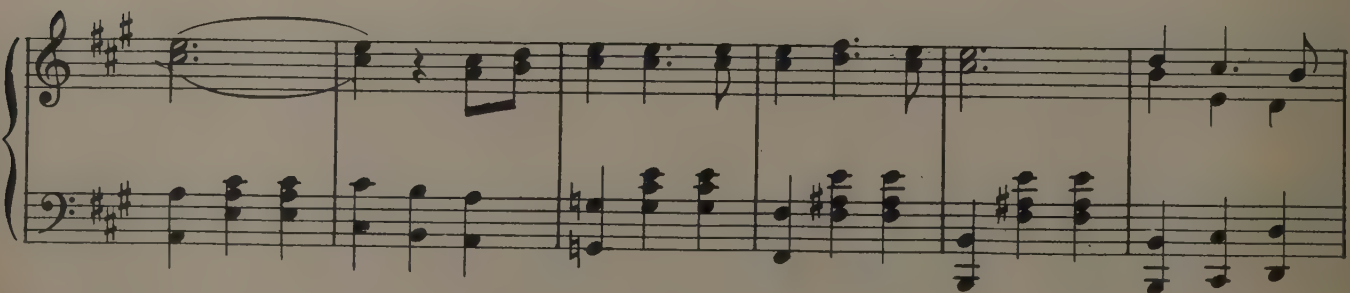
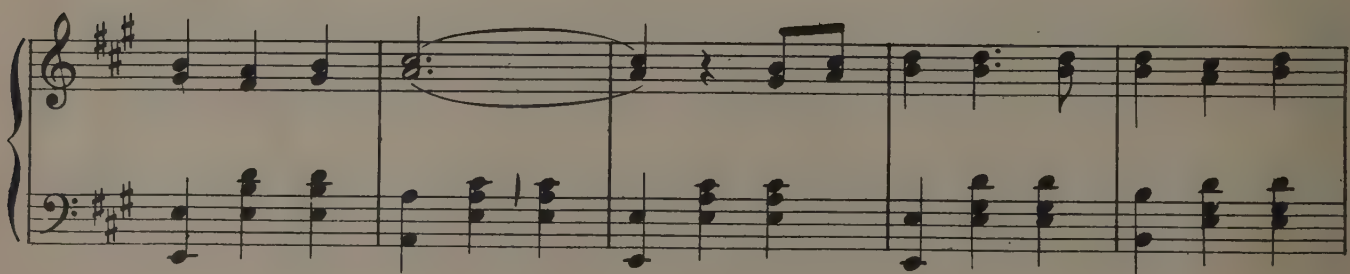
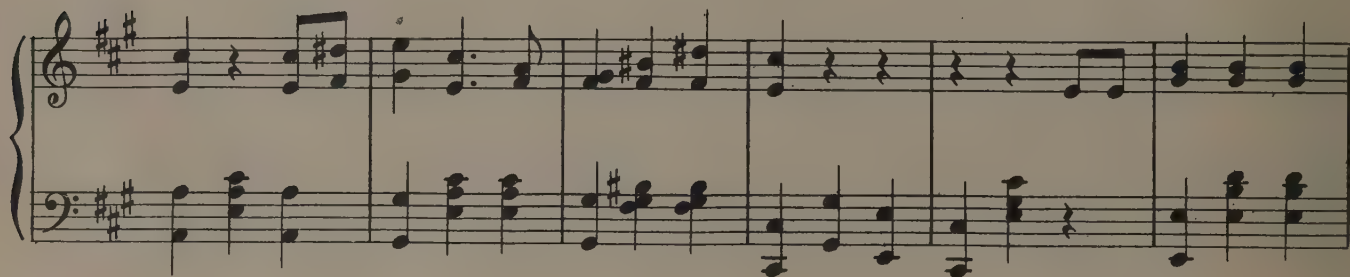
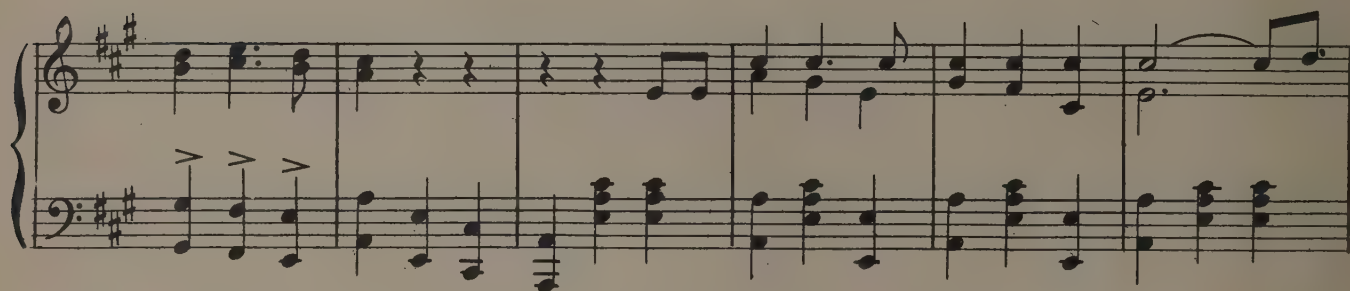
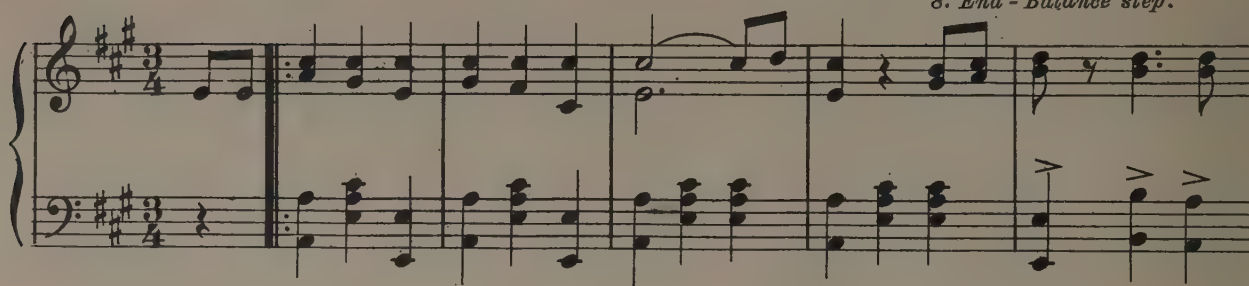




# Modern Greek Dance.

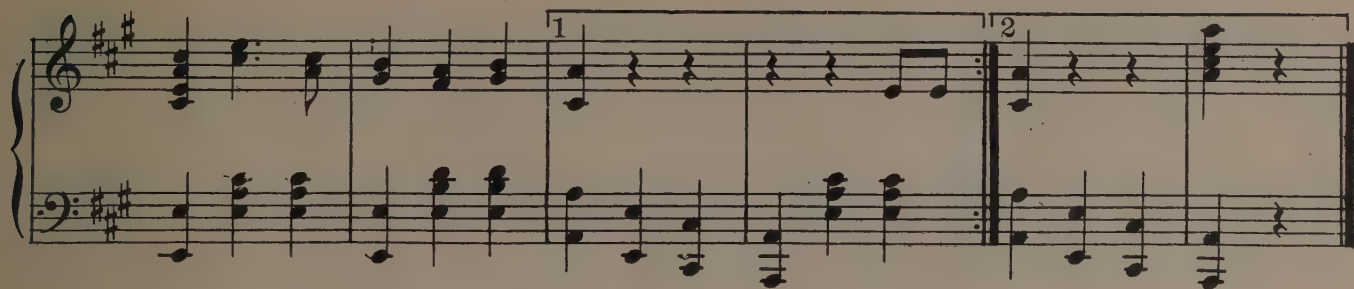
*Second Year Work.*

1. Side step high.
2. Forward-turn.
3. Head follows arms.
4. Run to corner-turn-draw.
5. Fairy step to side-soft.
6. Offering.
7. Wind step.
8. End - Balance step.





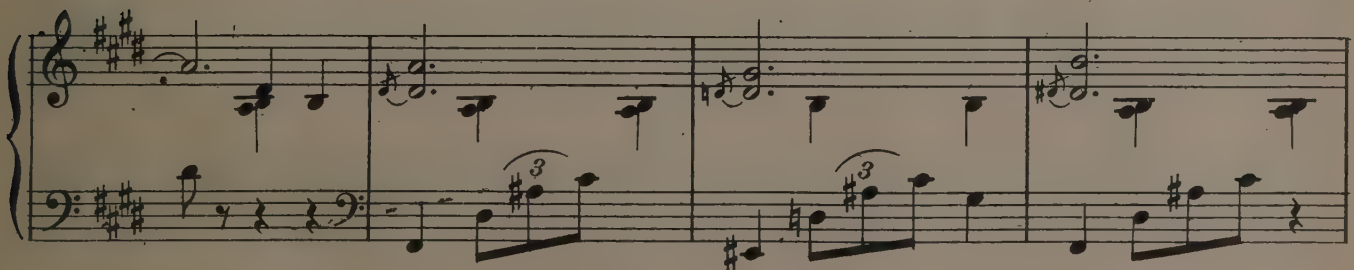
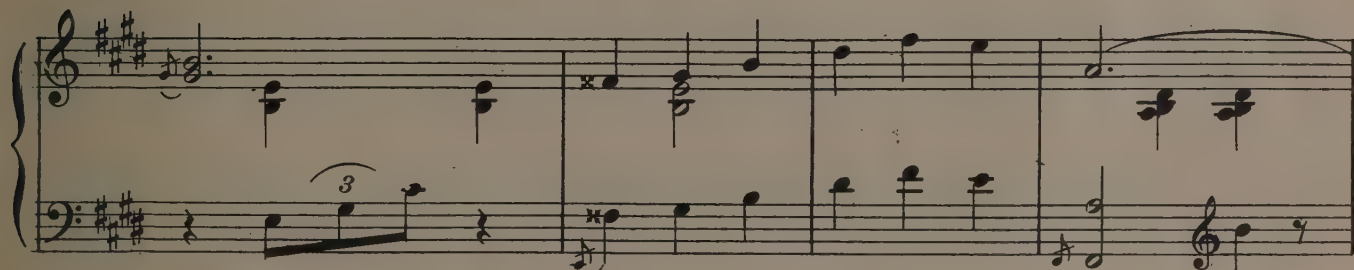
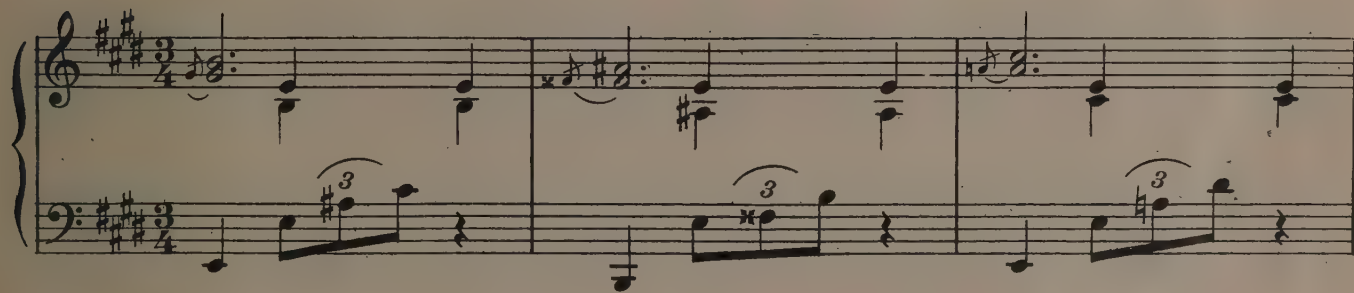
MODERN GREEK DANCE (continued.)



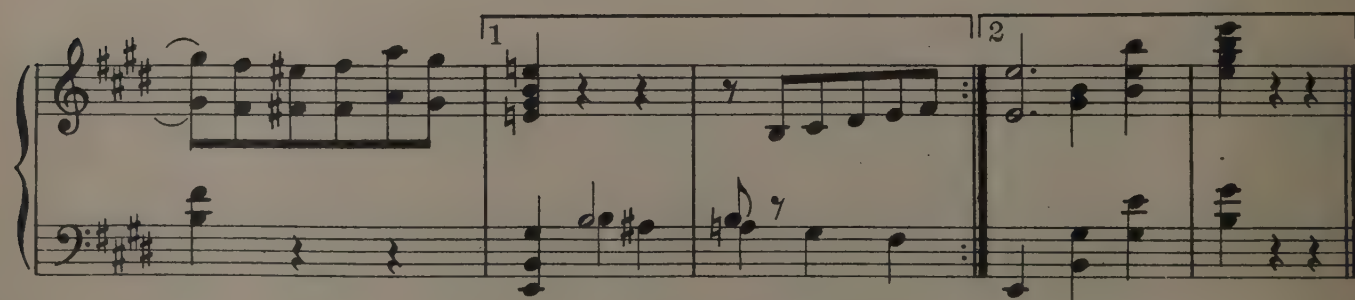
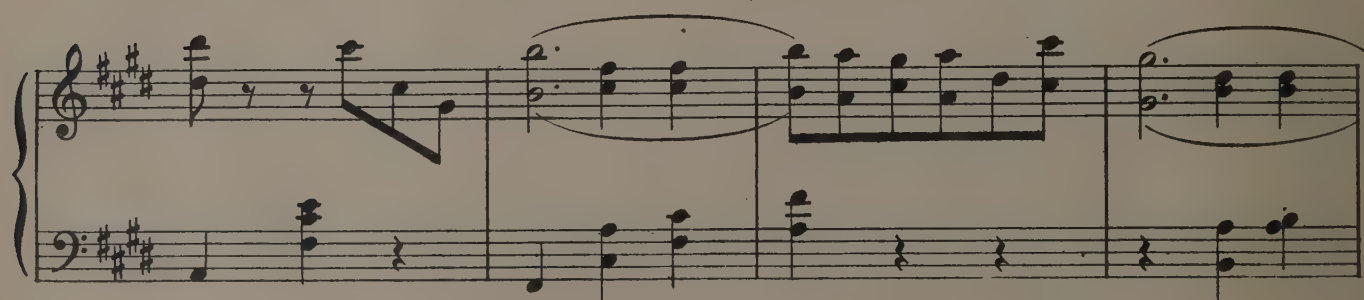
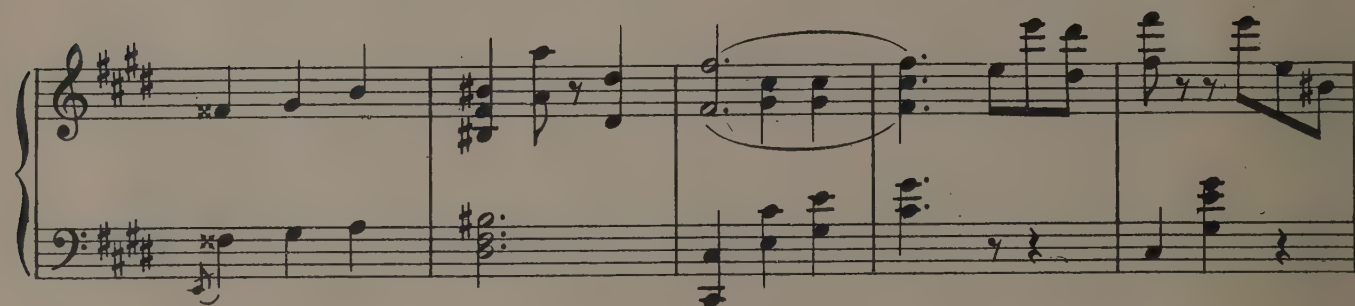
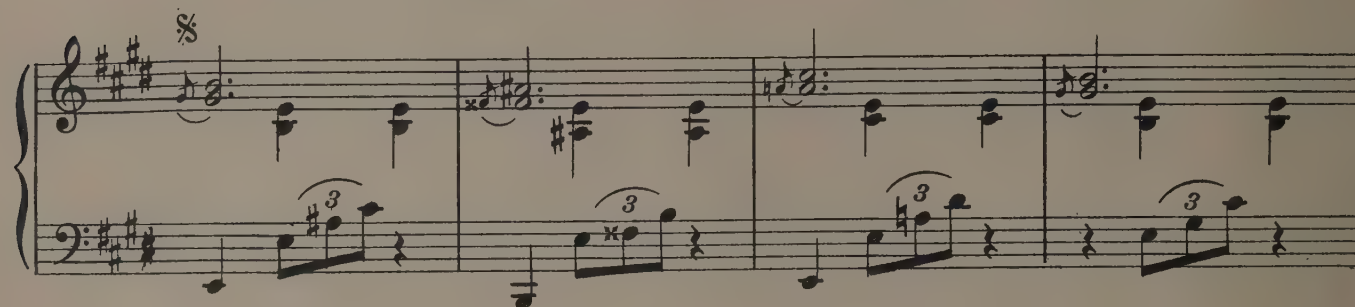
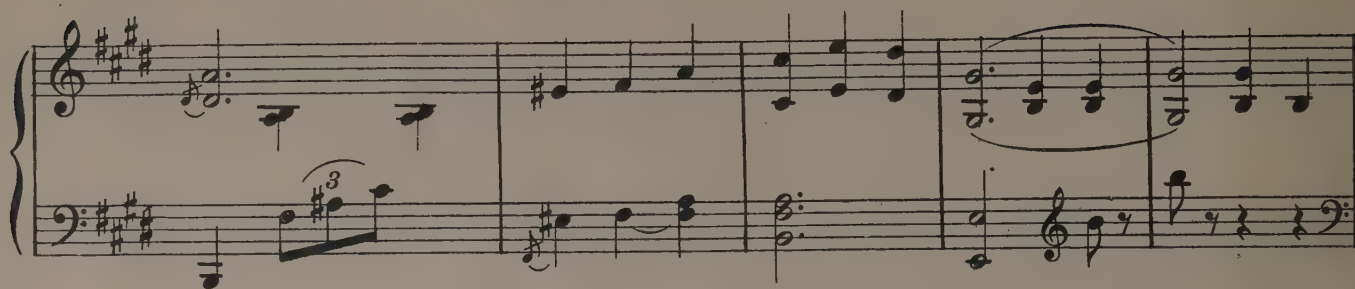
1. Forward and back.
2. Side step with stamp.
3. Long forward step without.
4. Down and up.

Cachucha.

5. Side step - fling.
6. Flower step.
7. Log step.
8. Butterfly.
9. Waltz forward.







*Repeat 4 times then repeat last 16 measures.*



# Cachucha.

*First Year Work.*

*Spanish  
1901.*

1. Forward and back.
2. Side step with stamp.
3. Long step forw. without 2d count.
4. Down and up. hands overhead.
5. Side step fling.
6. Flower step.
7. Log step.
8. Butterfly.
9. Waltz forward.

The musical score for 'Cachucha' is presented in five systems. Each system contains a treble staff and a bass staff. The key signature is one sharp (F#), and the time signature is 3/4. The melody is written in the treble staff, often with a single eighth note followed by a beamed eighth-note pattern. The bass staff provides a harmonic accompaniment using chords and single notes. The piece ends with a final cadence in the treble staff.



Sampson Spanish.

1st-Swing forward-2

draws 3 times-hold

pirouette and stamp.

2nd-Branch step in circle to left then to right-slowly-

3rd-Balero-in circle.

4th-Flower step-kill time-

5th-Waltz forward-twice-

6th-Jéti to side, with point.

7th-Two draws & A fly-

(Repeat last 8 measures of music for Step VII).

# Second Year Spanish Dance. 2d year Spanish.

1. Two steps sideways-turn and jump.

2. Hand low over extended foot.

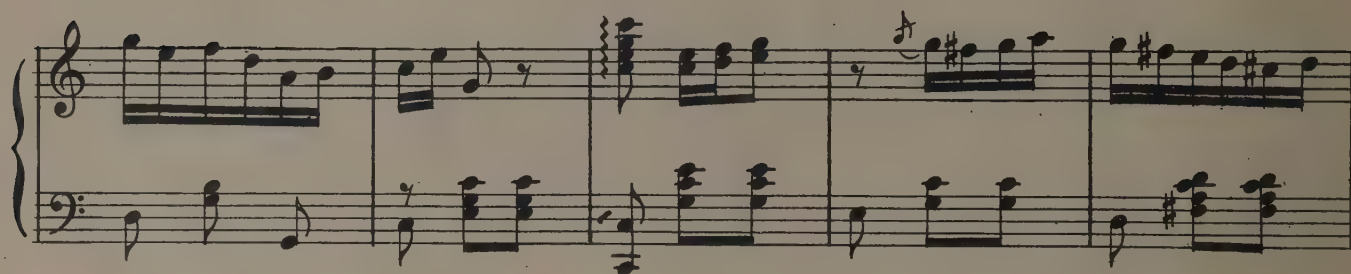
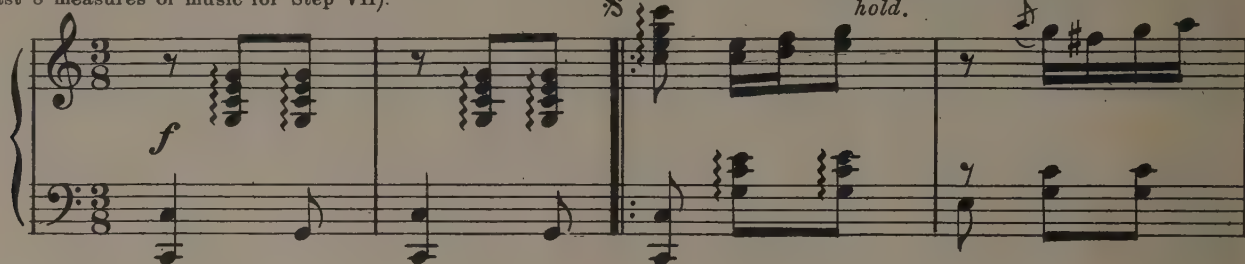
3. To side and turn, run forward.

4. Hit bended knee.

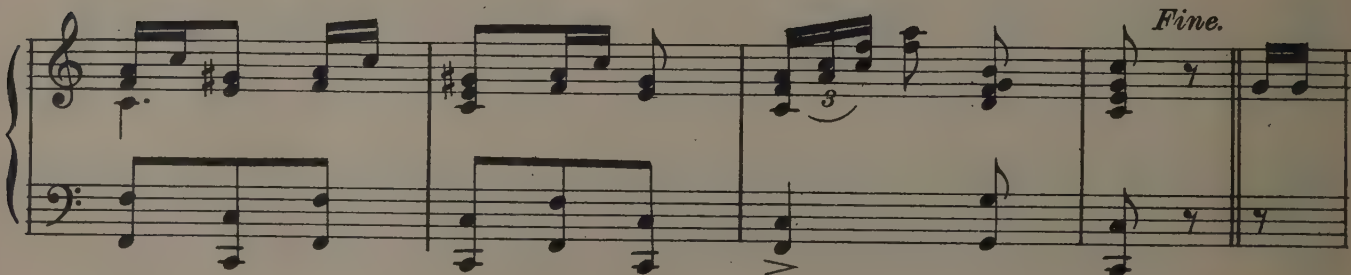
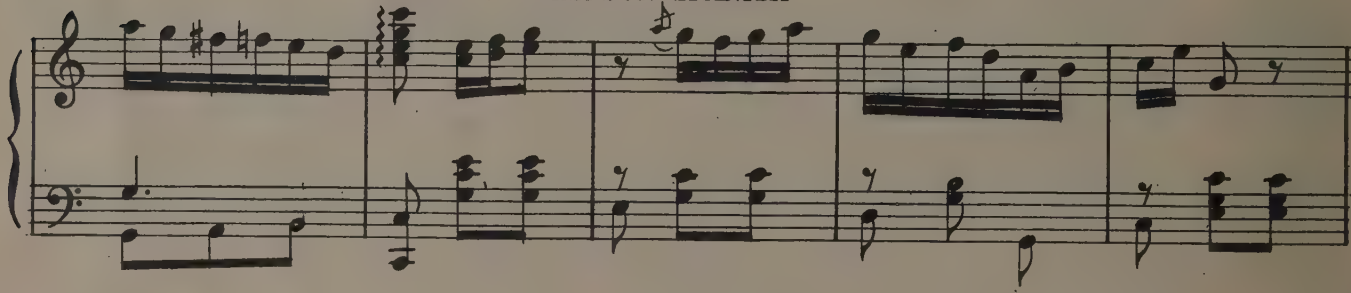
5. Draw to side, kick, waltz-turn.

6. To side, jump-waltz in circle-stamp & hold.

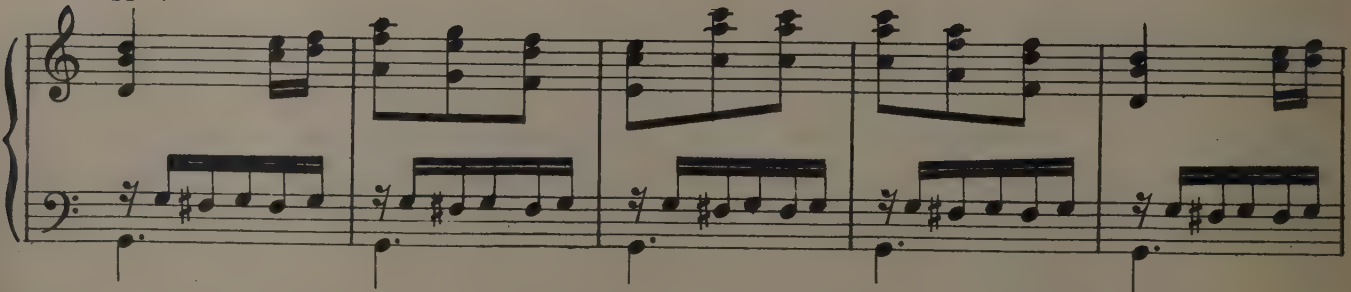
I - IV - VI



## STEP VII SAMPSON SPANISH

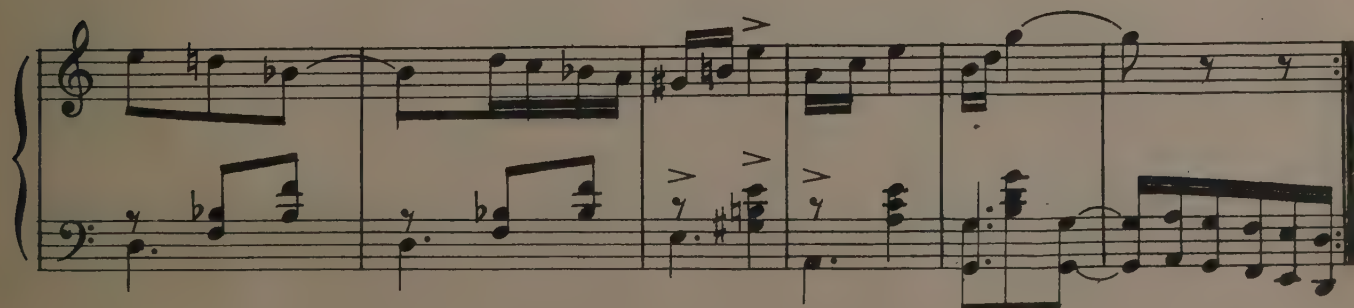
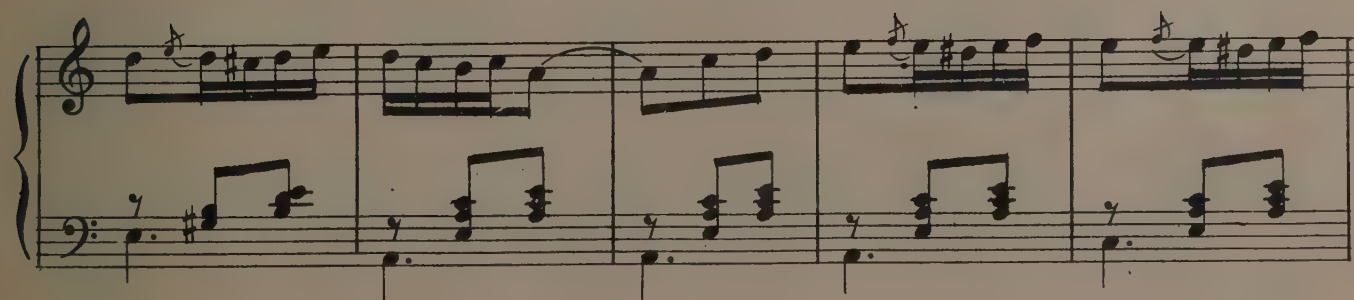
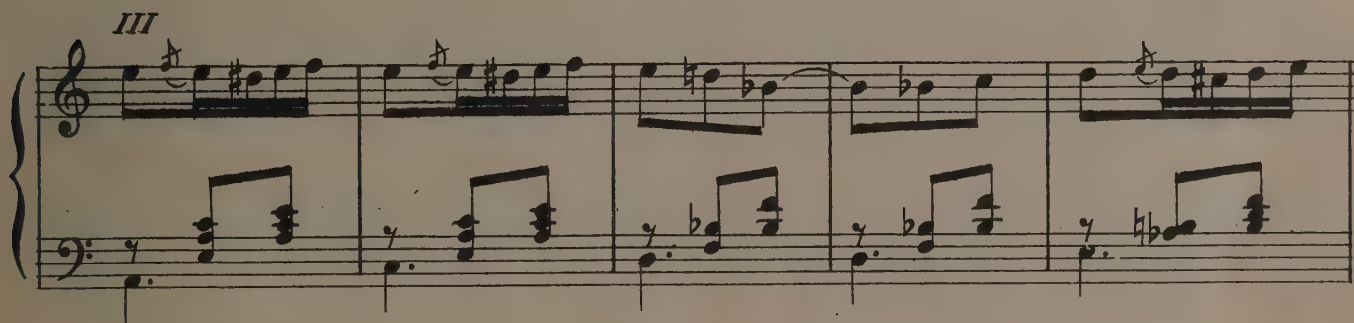
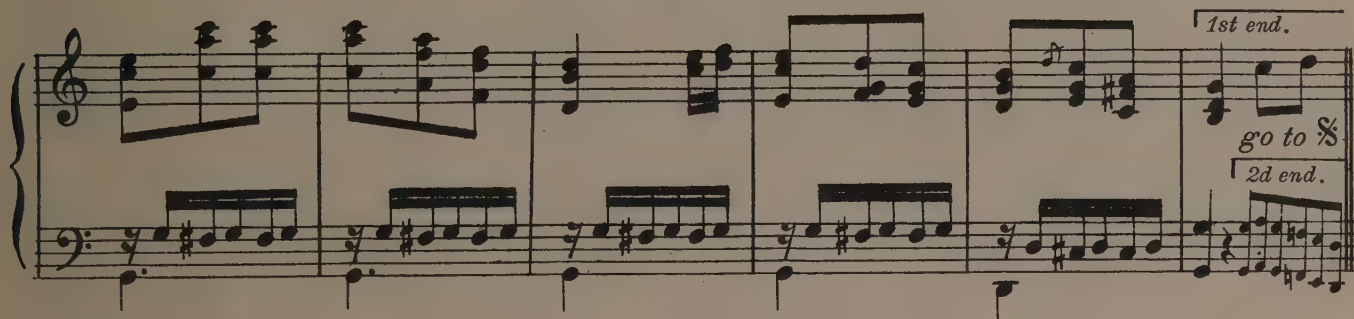
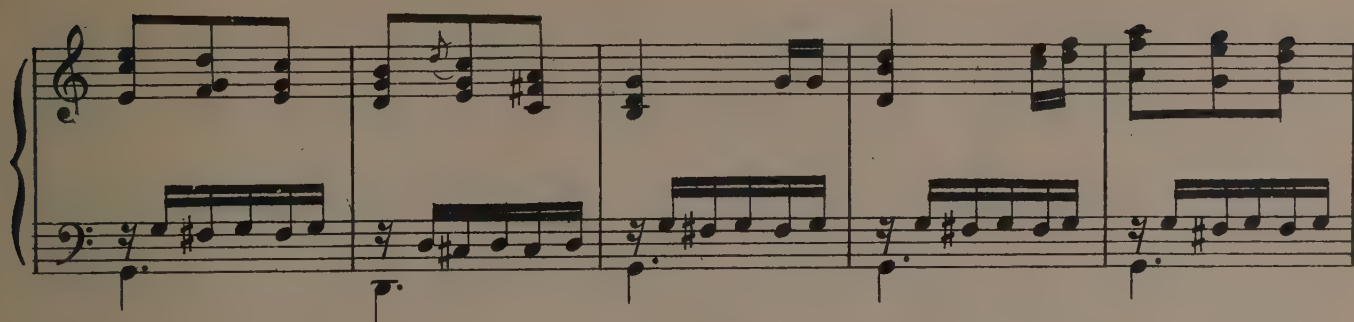


II-V





SECOND YEAR SPANISH DANCE (continued.)

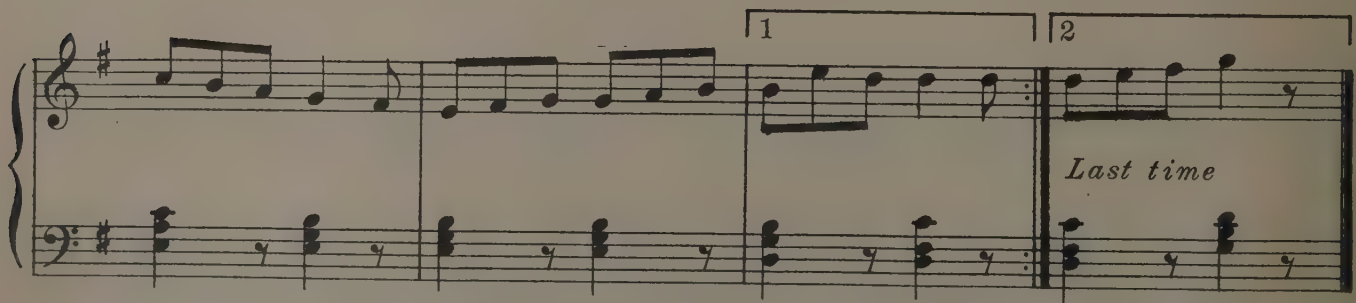
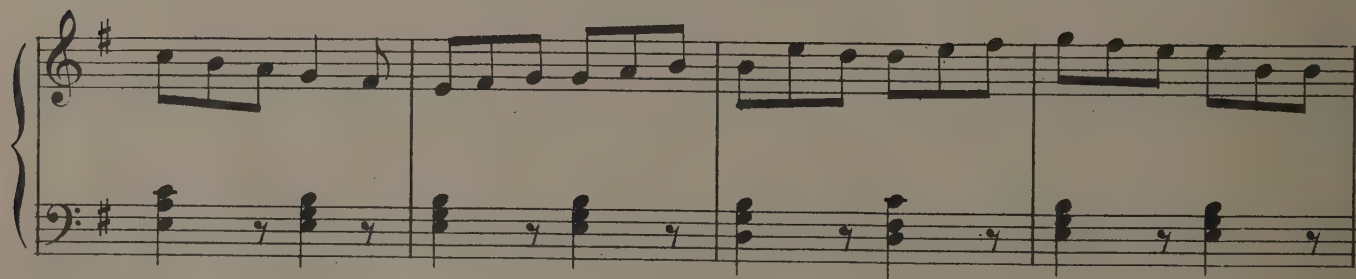
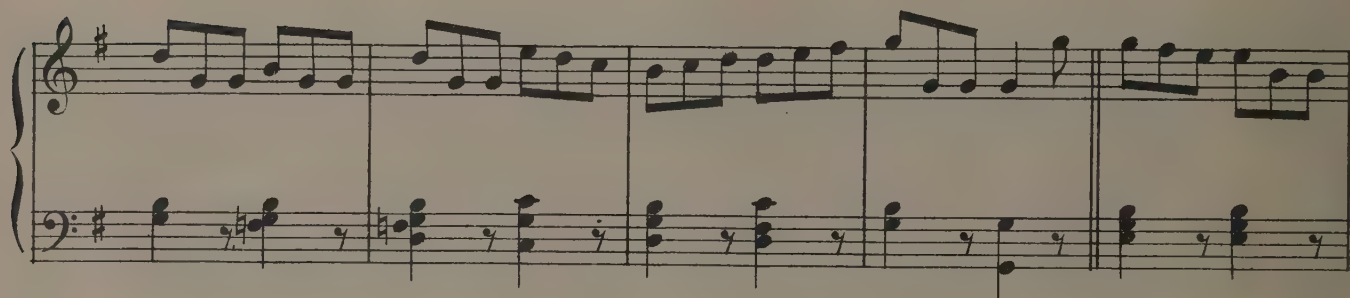
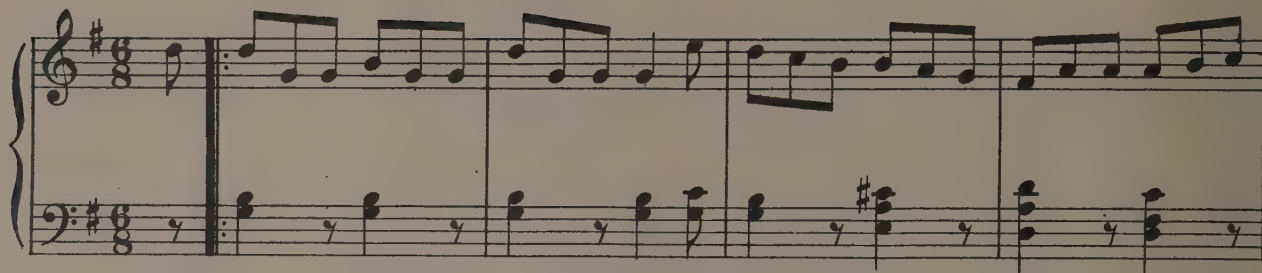




## Irish Lilt.

*Dr. Anderson '04.*

1. *Forward and back - kick.*
2. *Swing.*
3. *Toe, heel, toe, kick.*
4. *Lame man.*
5. *"So high," Hand out, go back & turn.*
6. *Breaks.*

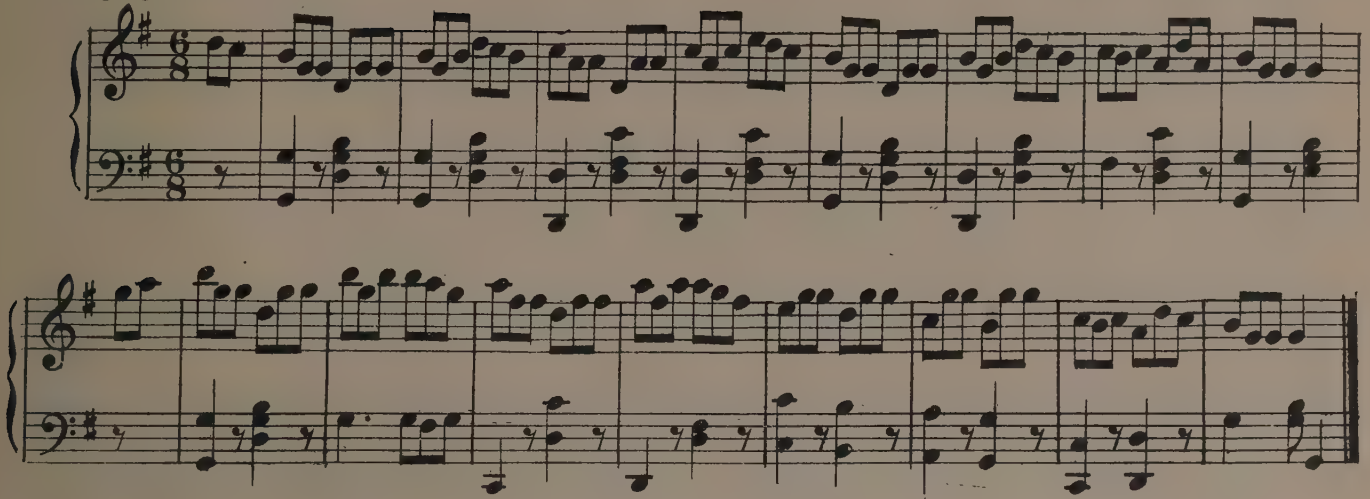




1. Single rattle
2. Double rattle
3. Down your own leg
4. Mopping the floor
5. Hanging out clothes

## Irish Washerwoman

6. Toe-heel-toe-heel
7. Jump to side & kick
8. Toe heel, toe kick
9. Kick and throw from hip
10. First step with flop.



Four counts equals two measures.  
Introduction (Salute)

1. Easy step Three times and turn.
2. Side and up- front and up.
3. 1st step-2nd step-1st step-and turn.
4. Side and kick-rocking step.

## Highland Fling.

Dewar 1916

First Year Work.

5. 1st step-Toe, heel (same foot) 1st step-turn.
6. 1st step-2nd step, turn, down your own leg.
7. 1st step-toe, heel (change feet) turn.
8. 1st step-side and up, over in front and jump into 3rd do three times and finish with double turn.

*Sec. I.*

*Sec. II.*

1 2

7 8

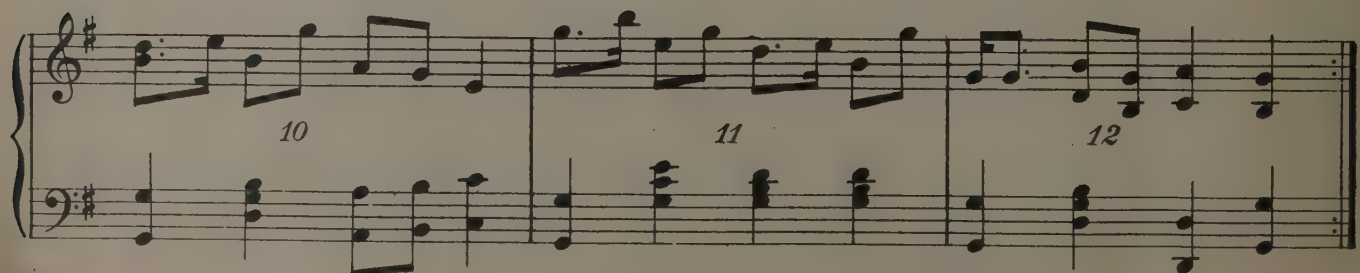
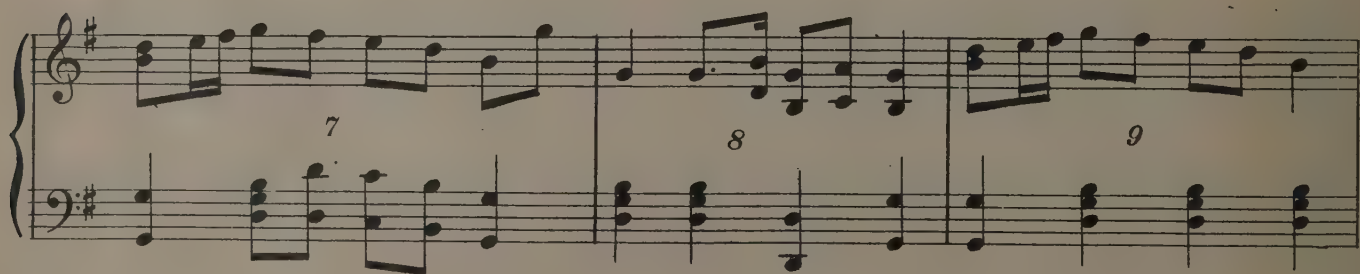
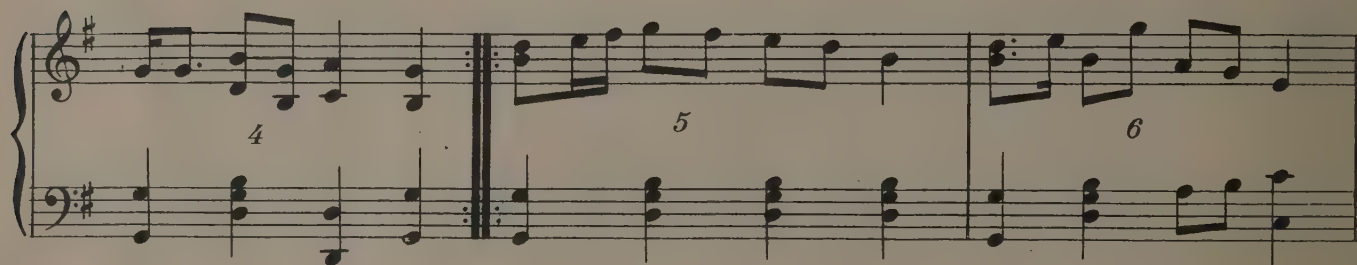
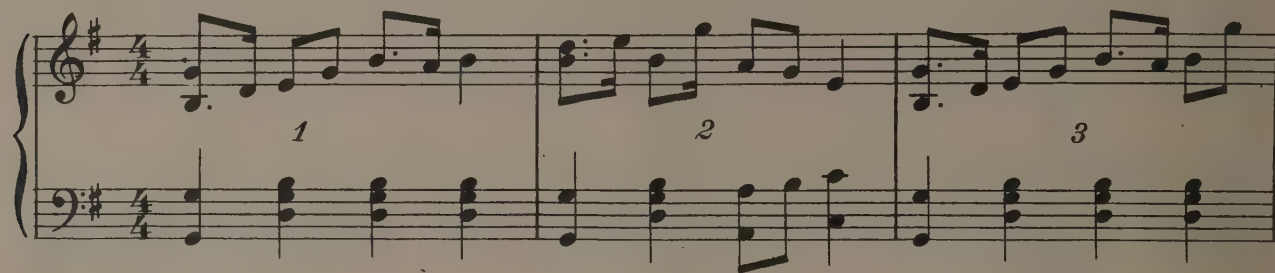
last time, 8

Repeat each section if desired.

## Shean Trews.

*Mr. Dewar—1915.*

- 1: 6 Pas de basques—change feet. Repeat.
- 2: Match step hop left "3" with right, turn left. 2 Pas de basques—Match. 2 Pas de basques—change feet.
- 3: Touch extend—Backward Pas de bourre 3 times in all—change feet. Repeat. [Repeat.]
- 4: Match—change feet, Match—2 hops swinging right out, back of left. Match—change feet, Match—pirouette.
- 5: Match—2 hops 4 times in all—change feet. Repeat 4 and 5 starting left.
- 6: 8th step of Highland Fling. Match—4 times in all.
- 7: Rocking step. 2 Pas de bourre leap and extend. Repeat.
- 8: Hop—extend toe, heel—Match—pirouette. Repeat—4 times in all.
- 9: Clap hands and the time of the music quickens. 1st step of Highland Fling.
- 10: 2nd step of Highland Fling. Back step of step VI of Highland Fling. On the 12th count jump to left—right in 5th position. Step back right and bow.





# Sailors Horn-pipe

Solo

*Mr. Dewar—1915.*

- 1: Circle
- 2: Eights and swing.
- 3: 3 fives (sighting land.)
- 4: Double Wing.
- 5: Toe, heel and step 4 and 5.

- 6: Pull ropes to left and to right—new break.
- 7: Rocking Step.
- 8: Anchor—Toe, heel and step 7 and 8.
- 9: Crab Walk in a circle.
- 10: Breaks.

1: Circle

2: Eights and swing.

3: 3 fives (sighting land.)

4: Double Wing.

5: Toe, heel and step 4 and 5.

6: Pull ropes to left and to right—new break.

7: Rocking Step.

8: Anchor—Toe, heel and step 7 and 8.

9: Crab Walk in a circle.

10: Breaks.

11

12

13

14

15

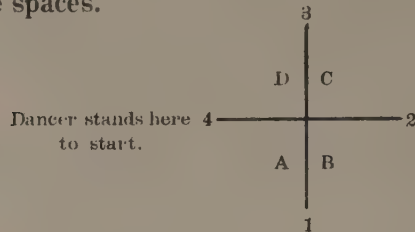
16

last time.

# Bacca Pipes

## Morris Jig

When the dance is learned-cross church warden pipes on the ground and do the figures without breaking the pipes. When learning the dance make a cross on the floor with chalk,(about two feet wide) number each end of the pipes and place the letters A.B.C. D. in the spaces.



### PART 1.

"Once to yourself" Measures 1-8.

Dancer stand at pipe 4 and the music plays "Once to yourself" measures 1-8 The dancer stands perfectly still facing the audience, with the pipes on the chalk mark on the floor at his right. On the last beat of Meas. 8 the dancer gives a little jump.

Shake up Measures 9 16 (A<sup>1</sup>)

On the first beat of A music (Meas.9) the dancer moves forward 4 measures (Meas.9-12) moving out as far as pipe 3. He then moves backward using 2 Measures (Meas.13-14) around pipe 4 until he stands at the bottom of pipe 1 where he dances the last 2 measures (Meas.15-16.)(See following description.)

Meas. 9	Step for "Shake up"
Count 1	Step on right
Count 4	Hop on right.
Meas. 10	Step on left
Count 1	Hop on right
Count 4	Repeat four measures 10 to 14.
Meas. 15	Right behind, with right toe touching left heel.
Count 1	Feet apart about a foot.
Count 4	Left foot behind
Meas. 16	Feet together-heels touching.
Count 1	
Count 4	

First Figure measures 17-24 (B)

Dancer stand at pipe 1 and dance with the pipes

Meas. 17	Hop on left foot.
Count 1	Hop on left. } right toe in B
Count 4	
Meas. 18	Hop on left foot.
Count 1	Hop on left foot. } right heel in A.
Count 4	
	Repeat for measures 19 to 23.

Meas. 24	Feet apart
Count 1	
Count 4	Feet together.

"Dance Around" measures 25-32-(A<sup>2</sup>)

Dancer moves to right around pipes taking 8 "step-hops". He passes pipe 2, pipe 3, pipe 4 & pipe 1, stopping at pipe 2 and facing the center of the pipes, he repeats the First Figure.

Step for "Dance Around"

Meas. 25	Step on right.
Count 1	
Count 4	Hop on right.
Meas. 26	Step on left.
Count 1	
Count 4	Hop on left.

Repeat for measures 27 to 32.

Repeat the Dance Around and stop at pipe 3 and repeat figure 1.

Repeat the Dance Around and stop at pipe 4 and repeat figure 1.

Repeat the Dance Around and stop at pipe 4 and face audience.

### PART II.

"Shake up"-See part 1.

Second figure

Meas. 17	Hop on left, } Right toe in B.
Count 1	Hop on left, }
Count 4	
Meas. 18	Hop on left } Right heel in D.
Count 1	Hop on left }
Count 4	

Repeat for measure 19-23.

Meas. 24	Feet apart
Count 1	
Count 4	Feet together

"Dance Around" and repeat figure II into each pipe.

### PART III.

"Shake up" See part I.

Third figure

Meas. 17	Right toe in A
Count 1	Right heel in A } hop on left
Count 4	
Meas. 18	Left toe in B
Count 1	Left heel in B } hop on right
Count 4	

Repeat for measures 19-23.

Meas. 24	Feet apart
Count 1	
Count 4	Feet together.

"Dance Around" and repeat figure III into each pipe.

The last Dance Around stop and face audience at pipe 4 and stop.

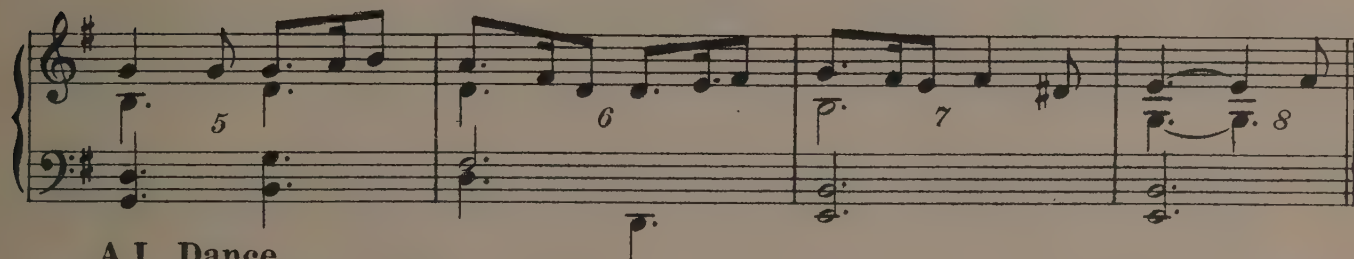
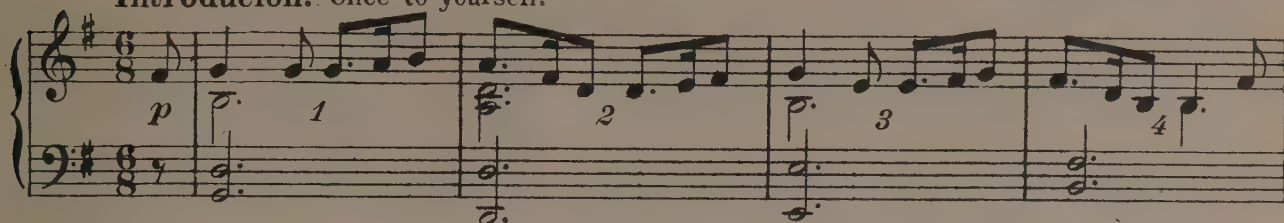


# Bacca Pipes.

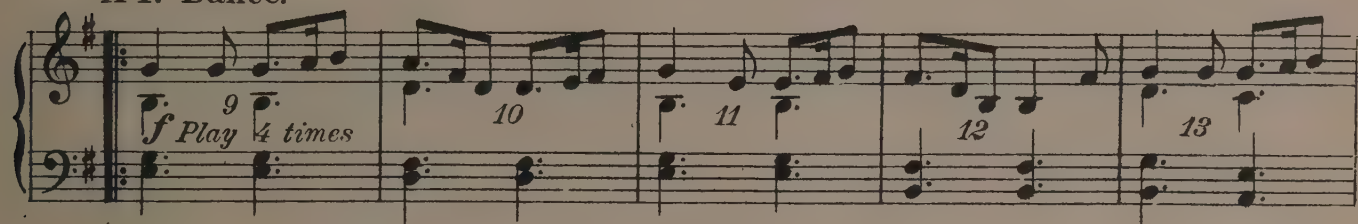
*Dance from Mr. Kimber, Oxford, Eng. '09*

Arr. by ELIZABETH ROOT.

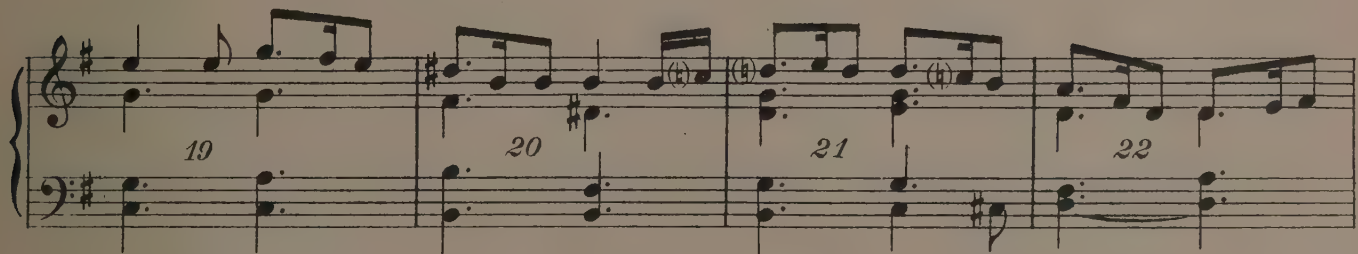
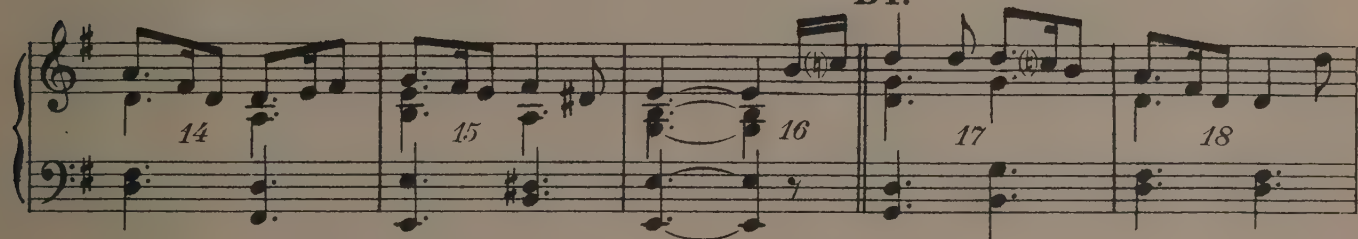
Introducion. Once to yourself.



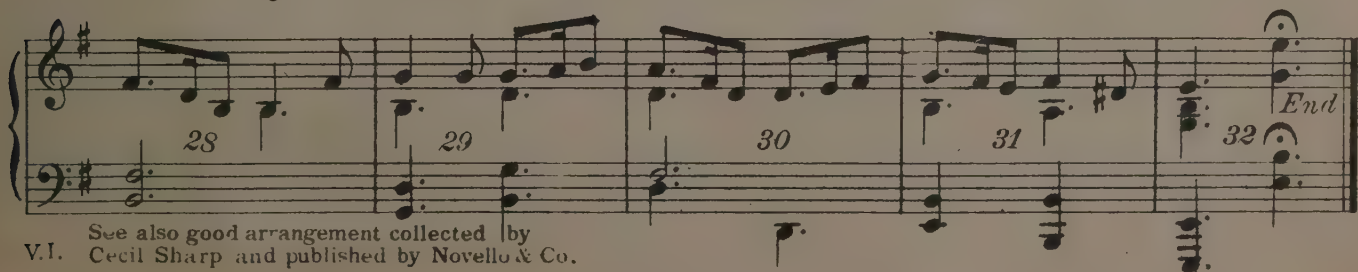
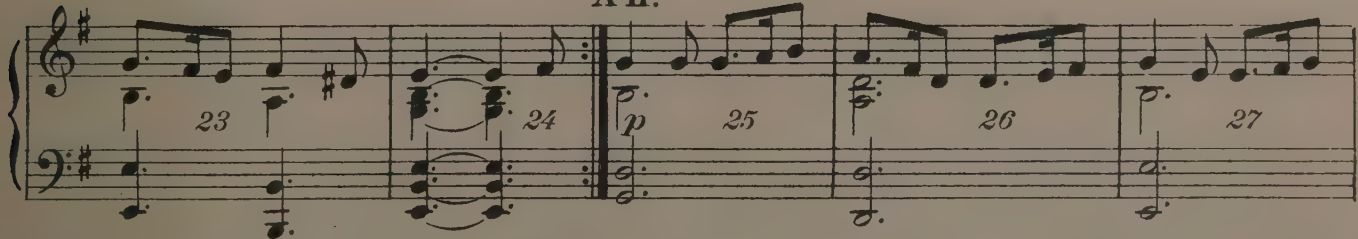
A I. Dance.



B I.



A II.



## Luna Clog.

Kenilworth '07

H. R. R. &amp; A. G. H.

1. Stamp left—three R.—three L.—Seven R.—down, up, step R.—Seven L.
2. Three R. Three L. Seven R. down, up, Step R. seven L.
3. Three R. Three L. Seven L. Stamp L.  $\frac{1}{2}$  turn left, Seven L.
4. Three R. (with back to audience) Three L. Seven R. Stamp L. and turn L.

Repeat. End { 1. Toes in.  
2. 5th position.

Arr. by Elizabeth Root.

The musical score is written in 2/4 time with a key signature of two sharps (D major). It consists of 16 measures, numbered 1 through 16, arranged in four systems of four measures each. The notation includes treble and bass staves. Measures 1-4 are the first system, 5-8 the second, 9-12 the third, and 13-16 the fourth. Measures 15 and 16 are marked 'Last time.' The score includes various rhythmic values, accidentals, and dynamic markings like accents and slurs.



# "University High" Clog

*Boys from Francis Parker '05.*

*Boys from University High School '05.*

1. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp" 1-4

2. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp" 1-4<sup>2</sup>

3. "Seven" "Seven" "Three" "Three" "Seven" 5-8

4. "Seven" "Seven" "Three" "Seven" "Stamp" "Stamp" 8-12

(16 measures.)

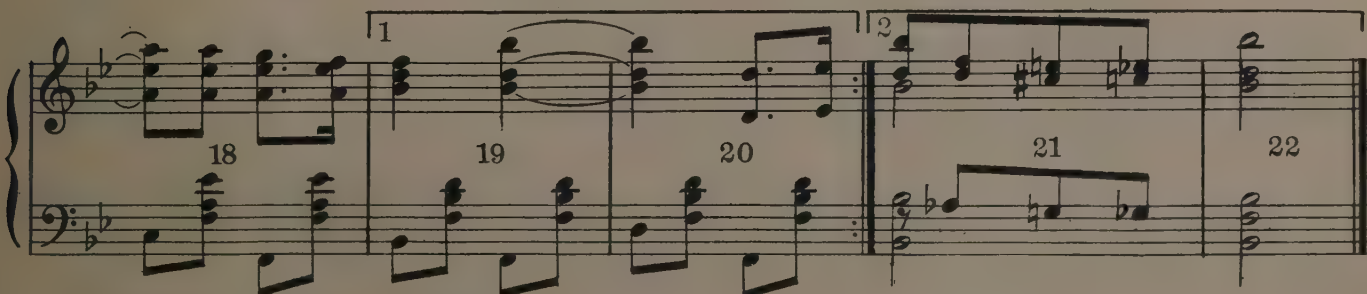
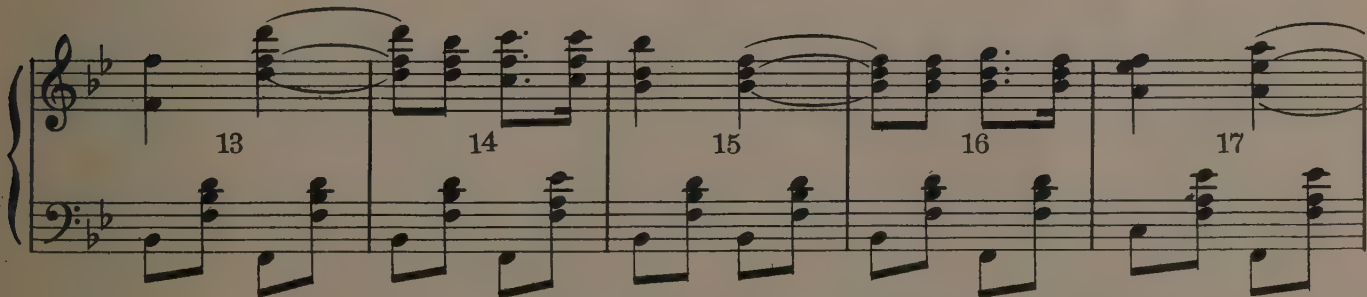
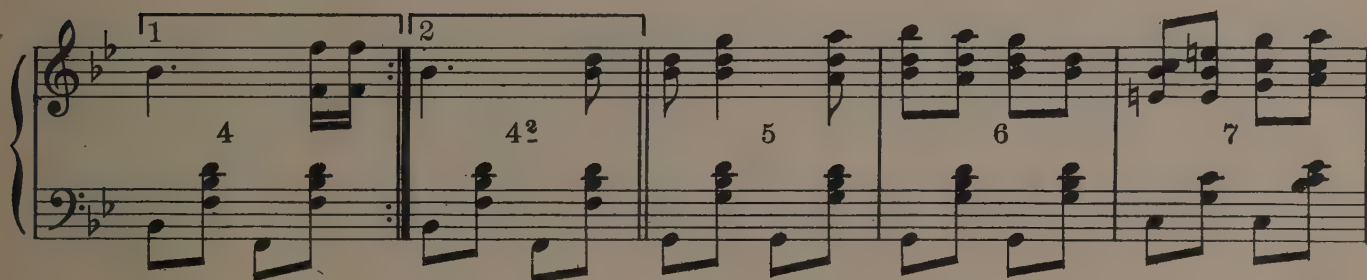
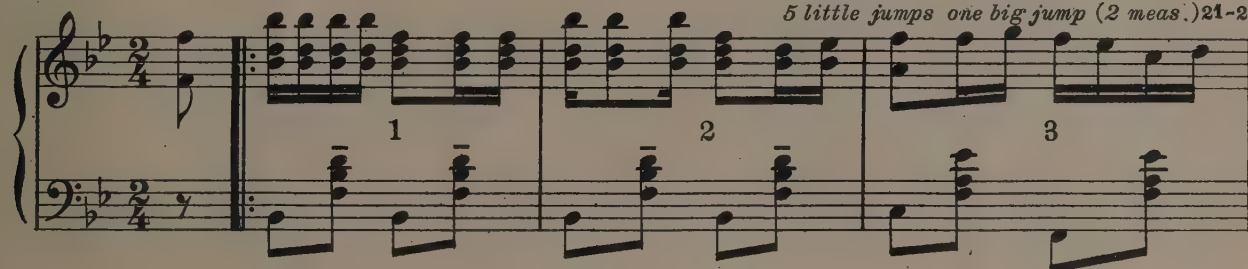
5. Wiggle stick (slow 2 meas. fast 2 meas.) 13-16

6. Down the field to left and back to place.  
(4 measures). 17-20

7. Wiggle stick. 13-16

8. Down the field (2 measures) 17-18

5 little jumps one big jump (2 meas.) 21-22



Used by kind permission of Leo Fiast.

# Roy Waltz Clog.

Sampson '07.

Lynn.

1. Begin to left with left 6 "fives" (1-6) step, touch hop left (7) step, touch, hop to right (8) Repeat to right with right (9-16).
2. Step to left, touch, kick, hop (17) draw twice to left (18-19) step on right and turn (20) 3 draws to right (21-23) step, touch, hop on spot (24) 3 "fives" (25-27) 1 draw to left (28), step, touch, hop (29) 3 draws to left (30-32.)
3. 2 "fives" begin to left (1-2) fly to left (3-4) repeat with right (5-8). Repeat (9-16.)
4. Swing forward on left, left hand leading, right foot up behind (17) swing right foot forward, left hand overhead (18) 2 "fives" (19-20); repeat to right (21-24). Repeat (25-32).
5. 2 "fives" beginning left (1-2) 1 draw (3) 1 "five" (4); repeat to right (5-8). Repeat (9-16).
6. Begin to left with left 2 "fives" (17-18) walk forward 2 steps (19-20). Repeat to left constantly (21-32).
7. Step back with left and draw (17) half turn to right and hop (18) Step back with right and draw (19) half turn to left and hop (20) 2 "fives" (21-22) 1 step back with left and draw (23) half turn to right and hop (24). Step back with right and draw (25) half turn to left and hop (26) step back with left and draw (27) half turn to right and hop (28) 2 "fives" (29-30). End by running forward 2 steps (31) and bow (32).

ELIZABETH ROOT.

1st 2d 3d end Last end  
after 3d repeat ing.  
go to bar 17.



1. Out, back, down- single rattle.
2. Stamp stamp-three rattles.
3. Rattle-back-back-front.
4. Sevens.

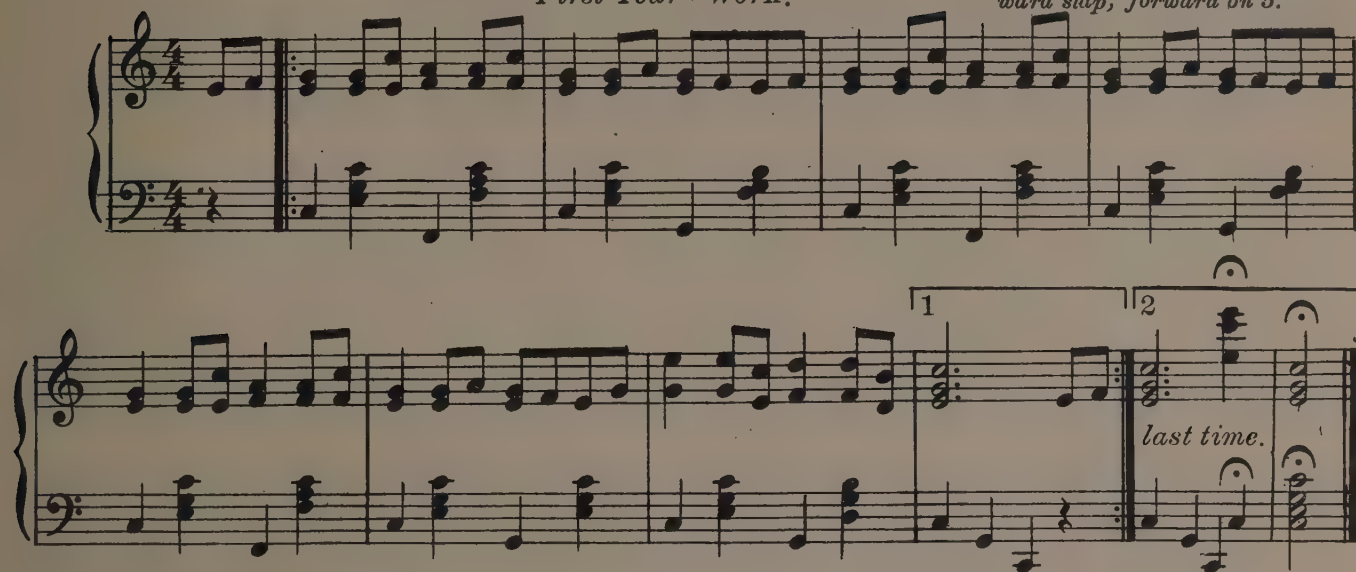
# Buck and Wing.

Negro Clog.

(1901)

First Year Work.

5. Wing to side walk three steps, three jumps, rattle back to place.
6. Jump forward, back and forward down on 4, turn and rattle.
7. Hands on hips, jump back, kick forward 7 counts-rattle seven.
8. Arms folded, swing & change feet on 4.
9. Arms out-Right foot high, backward slap, forward on 5.

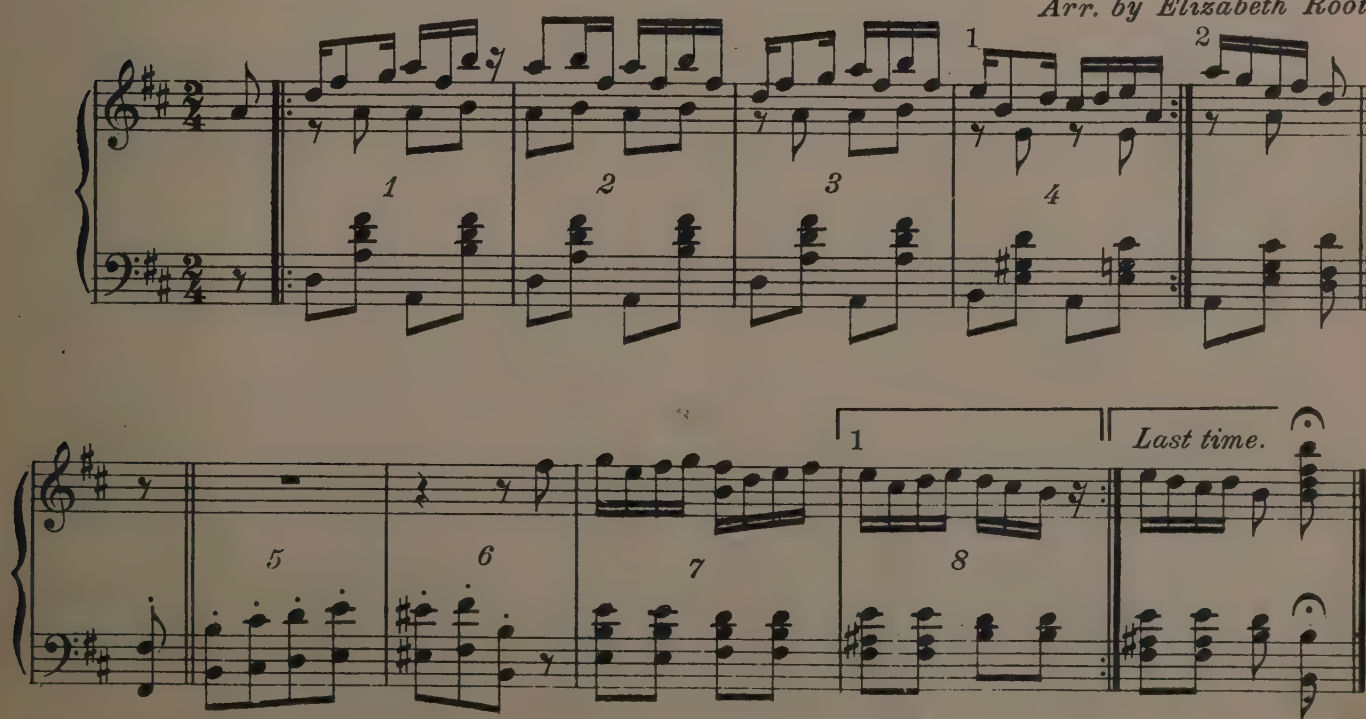


# Murphy Clog

- 1st step Plain and cross shuffle 3 times & break.
- 2 " Falling down stairs double 3 times single 4 times and break.
- 3 " Mobile 12 times, back, and break.
- 4 " Sweep, walk up stairs 8 times and break.
- 5 " Little falling down stairs and break.

- 6th step Off to Buffalo in circle, 12 time and break
- 7 " Wigglestick, slow, 4 times, fast 4 times, feet together, Jump fast 6 times going to the left.
- 8 " Down the field 3 times and break.
- Hunch 12 times forward and break.

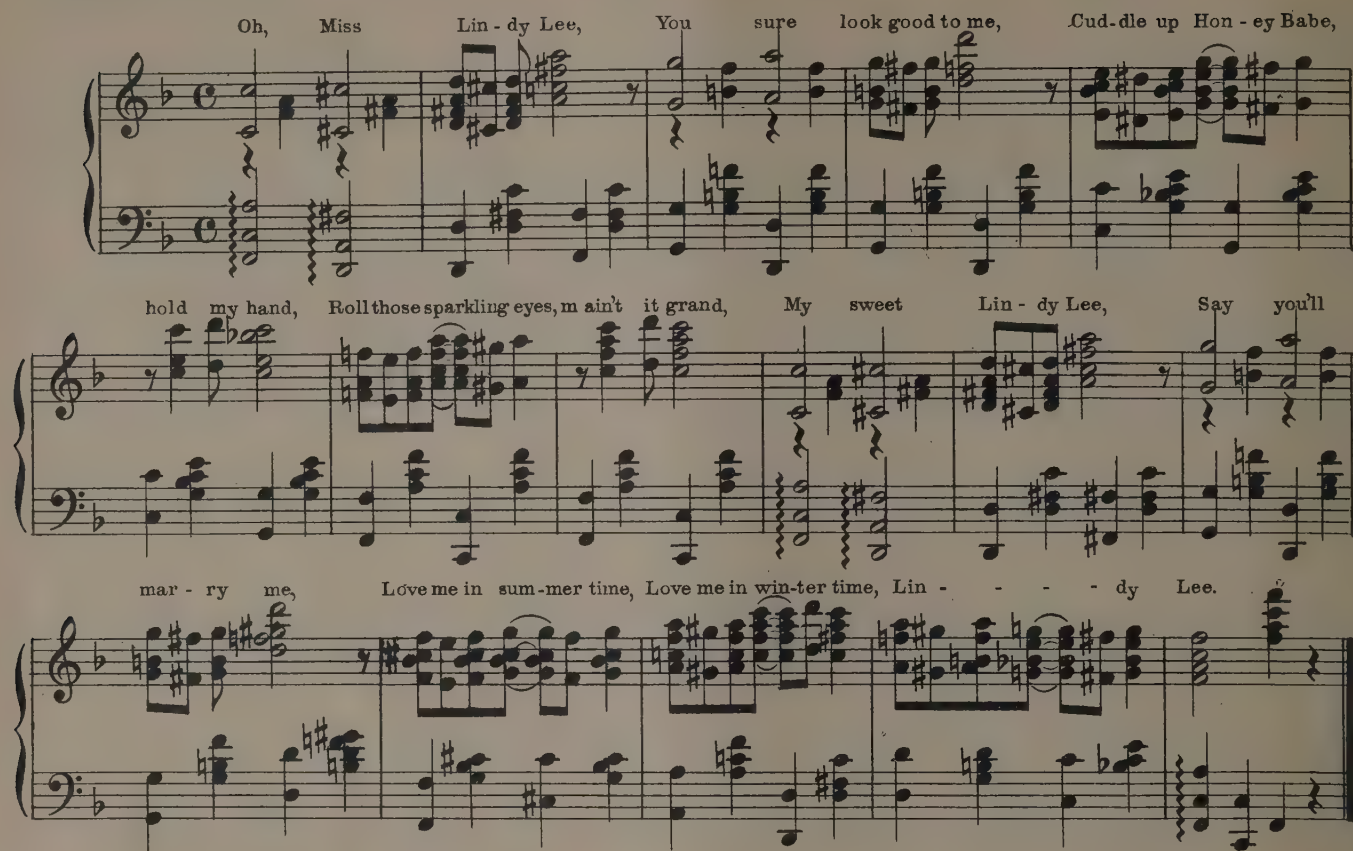
Arr. by Elizabeth Root



# Lindy Lee.\*

*Black Friars '10*

Oh, Miss Lin - dy Lee, You sure look good to me, Cud - dle up Hon - ey Babe,  
hold my hand, Roll those sparkling eyes, m ain't it grand, My sweet Lin - dy Lee, Say you'll  
mar - ry me, Love me in sum - mer time, Love me in win - ter time, Lin - - - dy Lee.



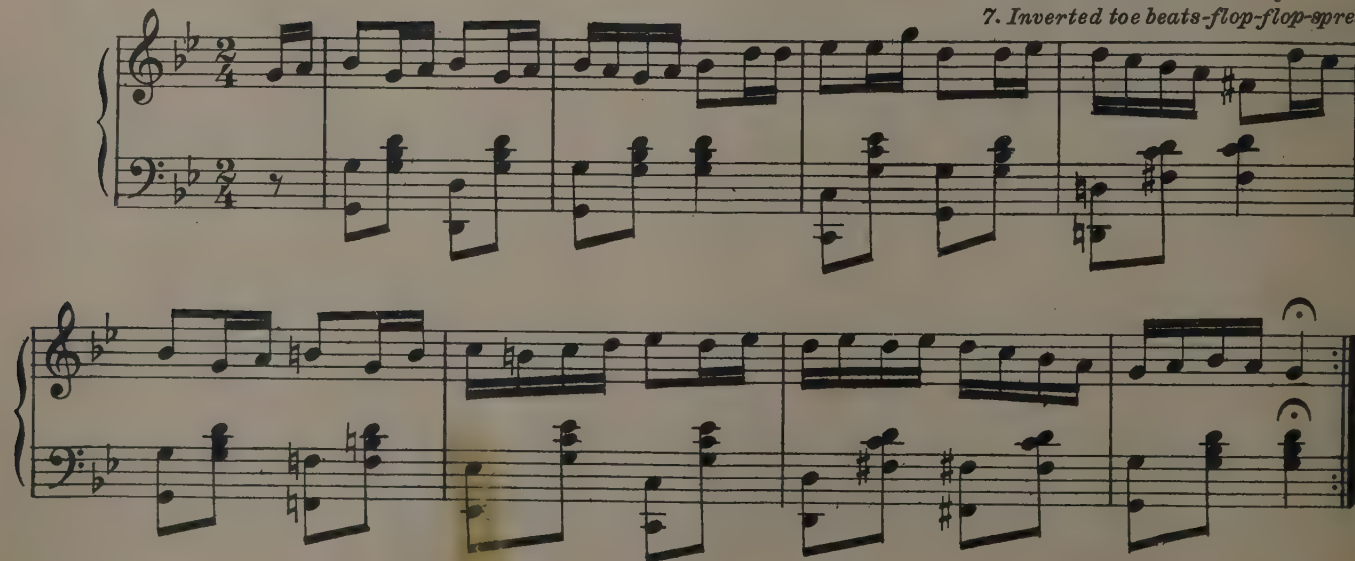
\* Kind permission of Mr. Earl Henry Bowlby.

1. Fall down stairs 7 counts to left and back 7 counts.
2. 3d step of Hyde Park.
3. Sink, rise, turn to right, left foot out; repeat to left.
4. Wiggle stick, 2 slow, 4 fast.
5. Skip 8 counts forward.
6. Backward left, together, forward left, together, jump left, right; repeat right.
7. Wings twice; kick left, kick right.
8. Break your leg two times slow and three fast, and fall down stairs to left. End on 7th count.

1. Plain clog with sevens & break.
2. Slap back twice - two sevens - heel down and break.
3. Wing-break.
4. Hen scratch - two fours - break.
5. Step-hop-rattle.
6. Step-hop-draw-cut-turn.
7. Inverted toe beats-flop-flop-spread.

*Sampson*  
*Lynn Mass. '06.*

## Sampson Clog.





## Rueben Clog

Formation 3-2-1→

1-Entrance step—Inverted, left toe heel (1) step right (2) gradually moving in to the left for six measures twelve times in all. Stamp left on the third beat of the sixth measure and break right (Meas 7-8)

Break— beginning right or left foot—scuff right out on (1)—scuff back on (2)—hop on left (3)—rest on (4)—step right on (5)—rest on (6)—three (out, back, down) with the left (7, 8, 1)—three with the right (2, 3, 4)—scuff left out on (5)—and scuff back on (6)—holding the left toe on the floor on the end of (6)—pull right foot up to left on (7)—rest on (8).

Number 1 comes in with the above step (meas. 1-6,) and breaks with the right (Meas. 7-8) and stands still while No. 2 comes in.

Number 2 repeats the same (coming in and standing by No.1) and both break right together.  
both stand still while No.3 comes in.

Number 3 do likewise and No. 1-2-3 break together.

2-Facing audience—All beginning left foot a seven Rest (1-2) tap right toe out to the right side on (3)—rest on (4)—back to left heel on (5)—rest on (6)—and out to the right side again on (7) rest on (8) (Meas. 1-2) Left knee is bent while making the taps, both arms over extended foot. 7 with the right foot, making a quarter turn away from the audience on (7.) tap with the left foot to the back of the room again on (3-5-7.) (Meas. 3-4) a seven with left and another one quarter turn on 7, back to the audience tap out with the right on (3-5-7) putting your weight on 7 for your stamp (measures 5-6) and break left (Meas 7-8) Repeat all untill back to original position starting with the right foot (Meas. 1-8)

3-Hop right and a three with the left, cut or swing right foot out in back and then swing right up to the left foot again very quickly, making a pendulum swing with your feet and repeat without hopping on the right foot six times (Meas. 1-3) a seven with your left foot (Meas. 4). Repeat going back to the right hopping on the left foot, repeat three times (Meas. 5-6) and on the third beat of meas. 6 stamp your right foot and break with the left (Measures 7-8) Repeat all going to the right (Measures 1-8) this time you break with the right foot.

4-Cross left foot over right making a quarter turn to the right, and stepping on one then swing right over left (and 2) stepping on 2 and making a quarter turn to the left, then a seven with the left foot (Meas. 2.).

Repeat swinging right over left first (Meas. 3-4)

Repeat swinging left over right first (Meas. 5-6) and on the third beat of Measure 6 stamp your left foot and then break with the right. (Measures 7-8) Repeat all Measures 1-8.

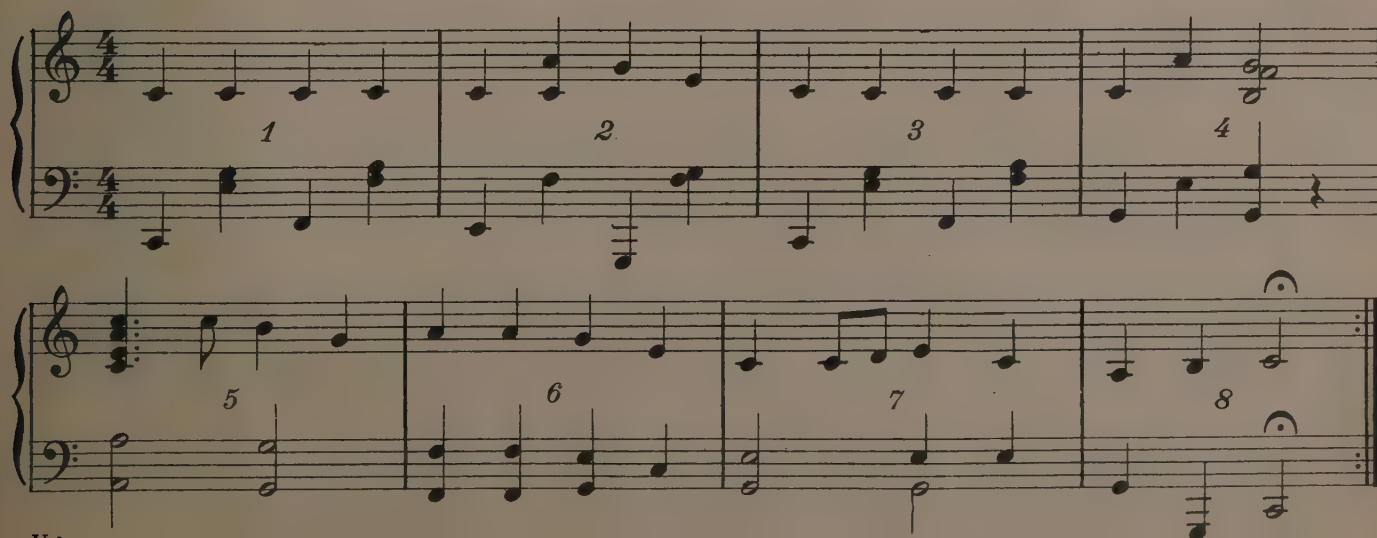
5-Exit all, one quarter turn to the right, hand on each others shoulders in back of Number 3.

A three with your left.

A three with your right.

A three with your left and then step on your left and hop 2.

Repeat moving forward, and out (Meas. 1-6) and on the third beat of Meas. 6 stamp your left foot and break right (Measures 7-8)



## O Mein Lieber Clog

*Dance composed by Mabelle Swope and Harriet Packard.*

### 1-(a)-Partners face each other.

Both cross right foot over in front of the left and step on it on(1)and rest on(2)click heels together in the air on(3)(Measure 1)

2-"fives" starting with the left foot (Meas.2-3)

Cross left over the right foot, and click heels (Meas.4)-2 "Fives" (Meas.5-6)

Cross right over the left foot, and click heels (Meas.7)-1 "Five" (Meas.8)

(b)Cross right foot back of the left and going to the left(1-rest on 2) and step on the left foot on (3) cross right over in front of the left (4) and hold (5-6) (Measures 9-10)

Cross left over in front of the right, stepping on the left, and swinging right out to the side (Meas.11)

Cross right over in front of the left, stepping on the right, and swinging left foot out to the side (Meas.12)

Repeat the whole of (b) starting with the left (Measures 13-16)

### 2-(a) Both face front. Both start inside foot.

Gentleman:- step on right foot for (1) rest or hold (2) a three with your left (3), step on right (4) rest or hold (5), hop forward on right (6) (Meas.1-2)

Run forward starting left scuffing toes at the same time (Measures 3-4)

Repeat all of 2-(a) starting left (Meas.5-8) (Ladies the opposite)

(b)Face partner-Gentleman-step right and draw left up to right (Meas.9) step on right making a half turn to the left and hop on the right (Meas.10)-step left and draw (Meas.11) half turn to the right and hop on the left end facing partner (Meas.12)

2-"Fives" starting right (Meas.13-14) a Cachucha turn or a leap turn to the back of the room turning in toward your partner (Meas.15-16)

### 3-(a) Both face front, and start outside foot, both go away from each other in this formation. ↙ ↘

Gent:-step left (1) scuff right (2) and pull left back (3) (Meas.1) Repeat (Meas.2-8)

(b)Start left foot cut right out to the side and draw your left foot up to right keep weight on your right heel and go toward your partner (Meas.9)

3-"Fives" starting with the right foot (Meas.10-12)

Touch left heel to the side and draw right up to it, going away from partner (Meas.13)

2-"Fives" starting left (Meas.14-15) Hold with the weight on the left foot on (Meas.16)

Ladies step just the opposite from the gentlemen.

4-(a) Gent: step inside foot right, three with your left, step right, and scuff your left foot in front and swing over right and pirouette to the right making a half turn, and facing the back of the room (Meas.1-2)

Run to the back of the room scuffing your toes on the floor, starting with the left (Meas.3-4)

Step on left foot and a three with your right.

Step on left foot and swing right foot over your left and pirouette to your left, facing audience (Meas.5-6)

Run forward starting right, scuffing your toes on the floor (Meas.7-8)

(b)Step inside foot right, a three with your left, step right and hop twice (Meas.9-10) toward partner.

Step left foot, a three with your right, step left and hop twice (Meas.11-12)

Step right foot, a three with your left, step right and hop twice (Meas.12-13) and then run straight forward and bow (Meas.15-16)



⊙ Mein Lieber Clog

The musical score is written for piano in 3/4 time with a key signature of one sharp (F#). It consists of 16 measures, numbered 1 through 16. The notation is arranged in three systems, each with a treble and bass staff. Measures 1-4 are the first system, measures 5-10 are the second, and measures 11-16 are the third. The melody is primarily in the treble staff, while the bass staff provides harmonic support with chords and single notes. Measure 8 contains a whole rest in the treble staff. The piece concludes with a double bar line and repeat dots in measure 16.

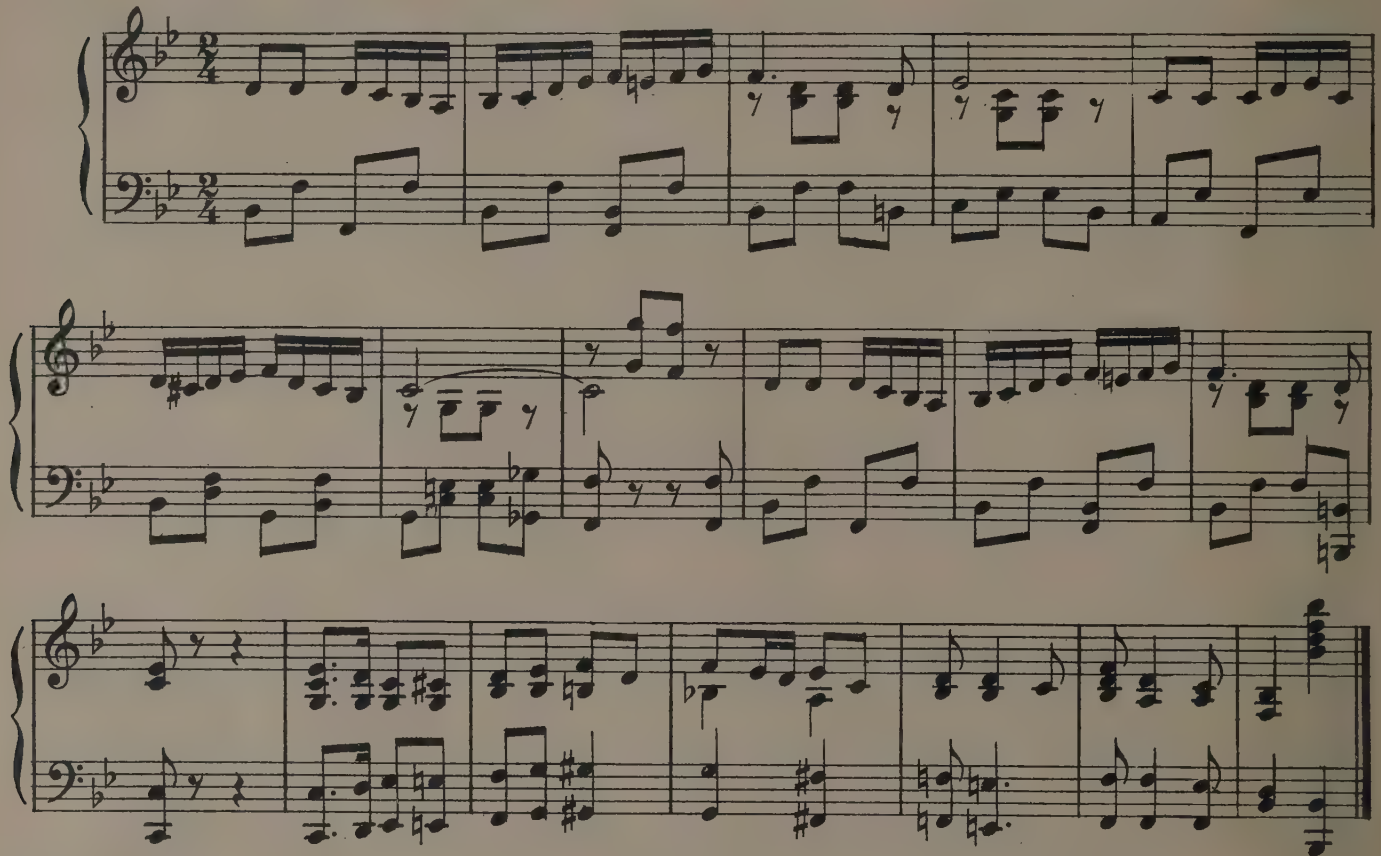
1. *Eight - Seven - Wiggle stick - hit foot. (repeat)*
2. *Eight - Seven - Wiggle stick hit foot, turn in.*
3. *Run from audience 1-2-3 - rock 1-2-3 - Two kicks.*
4. *One draw away from partner, turn, "tap step" back to place.*

## Wireless Clog

Studio '08.

5. *Repeat 1st 2d & 3d step*
6. *Turn out  $\frac{3}{4}$  turn - bow to partner, run forward 1-2-3 kick foot, behind and bow to audience*

Mrs. ATKINSON - ALLEN.



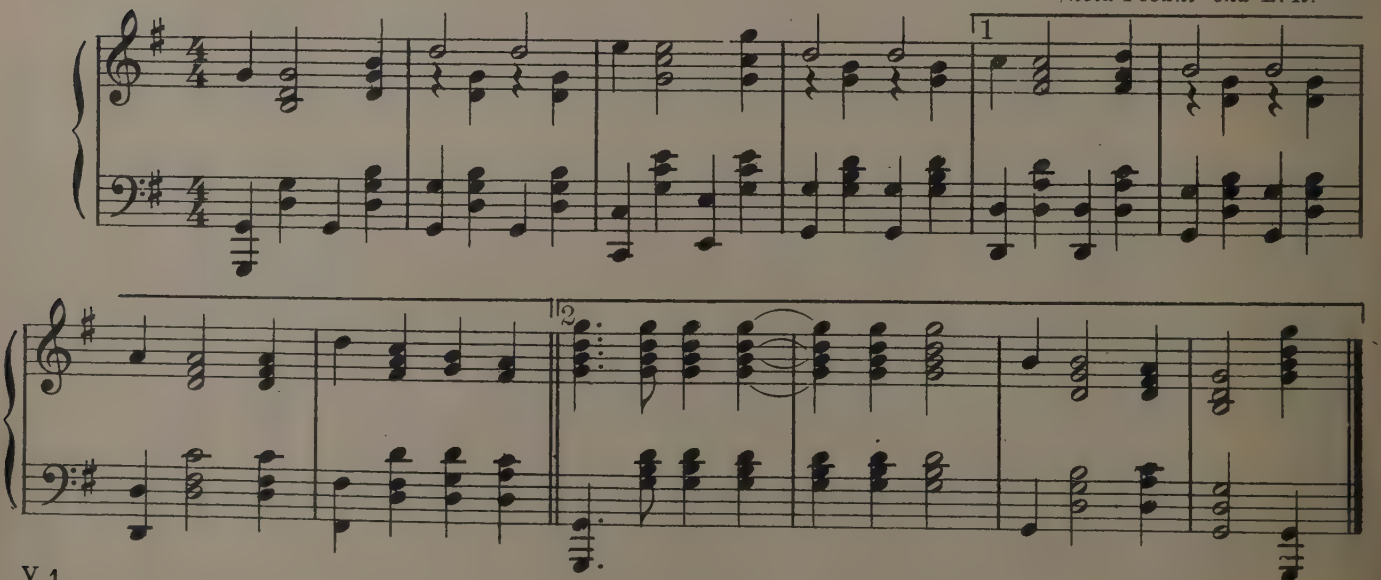
*First: Start left 3,3,  
7 behind 3,3, 7 behind  
7, 7 Break (Repeat.)*  
*Second: Fall down stairs to  
right 16 counts. Rest.  
Back to left 7 counts  
Break (Repeat)*

## "Hyde Park High" Clog

Lucy Mehring Ascham Hall '05.

*Third: Stamp L. 3. Stamp L. Scrape, hop, heel  
(Repeat right) (Repeat left) Weight on right  
break left. (Repeat)*

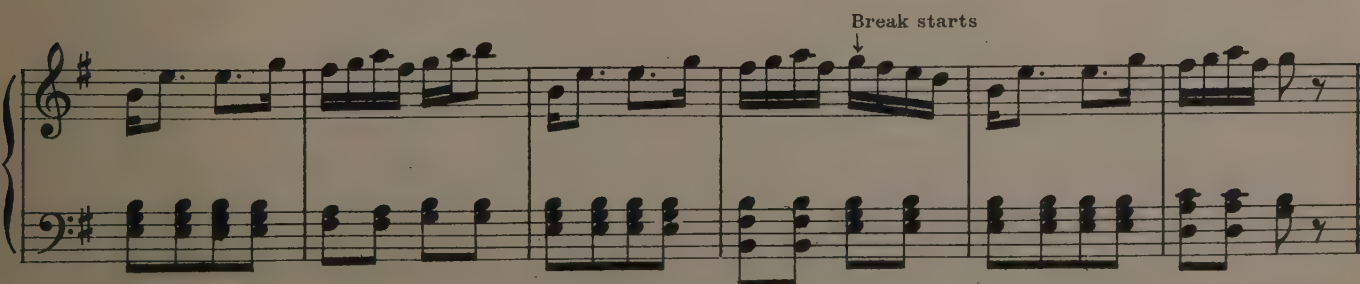
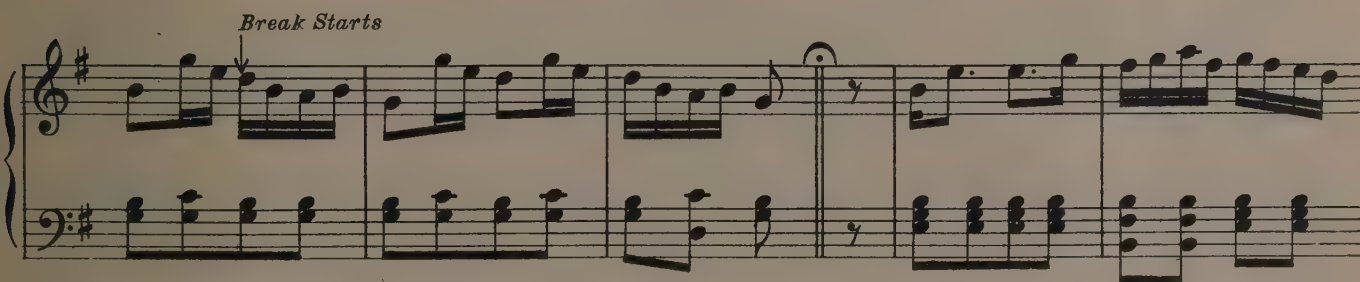
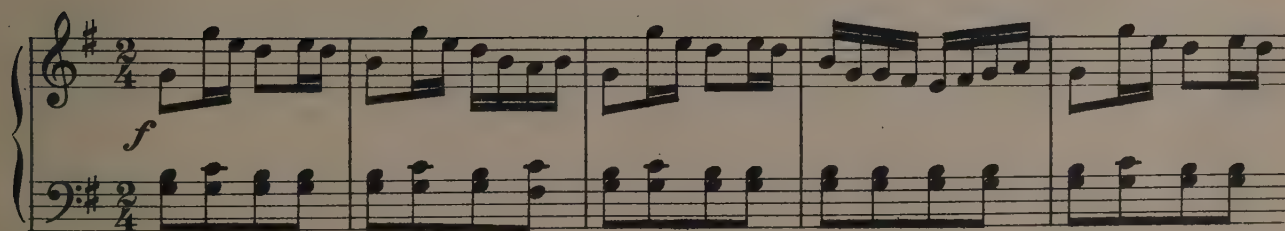
*Fourth:  
Begin L. Step, touch, hop,  
touch Repeat 6 times.  
Stamp L. 3 R. Stamp L.  
Scrape R. Hop L. Heel R.  
Begin R. Step, touch, hop  
touch. Repeat 6 times.  
Stamp R. 3 L. Stamp R. Jump,  
hold 1 count end L-R.*





## First Tuttle Clog.

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li>1. Hop rattle step, step, step. Break. Repeat.</li><li>2. Fall down stairs to left in a circle 7 counts, break; Hyde Park 4<sup>th</sup> step, break.</li><li>3. Screw. Repeat.</li><li>4. Sink on right foot, step on left and go in circle digging with heel. 2 Murphy sevens instead of break.</li><li>5. Fall down stairs 1, 2, 3, hop, step, click heels step, click heels. No break.</li></ol> | <ol style="list-style-type: none"><li>6. Double rattle, 12 times. Break.</li><li>7. Rattle, hop, stamp, stamp, scuff, slap, touch pirouette. Repeat. last time using break with cut.</li><li>8. Right foot free, cut left, leap on left to right and face back, rattle right stamp, stamp, break and cut.<br/>Repeat and pose.</li></ol> |
|--|--|



## Friese Clog

CHARLOTTE FRIESE Studio, 1914.

### Step 1.

Hop left, rattle right, step right, step left, step right. (Measure 1) Hop right, rattle left, step left step right, step left. (Measure 2)

### Break.

Hop left, rattle right, left in front—right in front, left in back right in front left in front (lifted leg held high parallel with the floor from knee to ankle. (Measure 3)

Hop right, hop right, hop right/hop right forward, leaning over slightly. (Measure 4) Repeat entire step, starting with right. (Measure 1 to 4)

### Step 2.

Jump down and up and land on heel, feet parallel, close together. Jump and point toes to right, jump and point toes to left. Jump and point toes to right, jump and point toes to left moving continually to the right. Meas. 5 Repeat, moving back to place. (Measure 6) \* Seven in front left, seven in front right (Measure 7) Seven in back left, seven in back right (Measure 8) Repeat using same foot (Measures 5-8)

### Step 3.

Step left, rattle right, down on right, step left, both feet kick out at side, hit heels together (Measure 9) Repeat. (Measure 10) \*\* Fall down stairs to left 8 counts (Measure 11) Repeat measure 9, starting R. (Meas. 12) Repeat entire step (Measures 9-14)

### Step 4.

Repeat step 1 (Measures 13 to 16) \* "Seven" (This step takes 7 counts) Push out left (1) draw back left (2) Step on left (3) push out right (4) draw back right (5) Step on right (6) change weight on to left (7)

\* "Falling down stairs" Face audience. Step left behind right, throw up arms (1) Place right to right of left (2) bring left forward and across right, throw arms low (3) Bring right to right of left (4) repeat continuing in same direction for counts 5, 6, 7, 8.

The musical score is written for piano in G major (one sharp) and common time (C). It consists of three systems of staves, each with a treble and bass clef. The first system contains measures 1 through 4, the second system contains measures 5 through 10, and the third system contains measures 11 through 16. The notation includes various rhythmic values such as eighth and sixteenth notes, as well as rests. Measure numbers 1 through 16 are printed below their respective measures. The score concludes with a double bar line and repeat dots in measure 16.



# Winman Gymnastic Dancing. Chicago

1. Jump down - up, step right, left, right forward. Repeat.
2. Stamp left, 1. 2. 3 right, stamp left, scuff right, hop, point right heel. Repeat to right.
3. Two threes, beginning left, seven. Repeat beginning right.
4. Hop right, point left heel, draw right to left, stamp left, touch right toe and stamp right foot turning to back of room. Repeat turning front.
5. Sevens, in back, in front, in back.
6. Step back right, together, forward right, together, pause one count, throw right in front, left in front.

## "Alcibiades"

1. Stamp left, rattle right, stamp left, scuff right in front, touch right across left and half pirouette face back of room. Repeat with same foot and face front.
2. Stamp left, rattle right, stamp left, wait one count. 2 hops or lunges forward on left foot. Repeat to right.
3. Two threes and a seven. Repeat to right.
4. Lean over and throw left leg out in back, count one. throw in front. count 2. keep left in front and turn on right to back of room. count 3. run forward two steps - 4-5. Repeat with same foot and face front.
5. Two eights (a seven and three threes).
6. Lunge on left foot to left on the syllables Al-ci-des and two lunges after Jones.

1. Partners skating position. Jump down and up. Left hand person does cachucha turn in front of partner. Repeat. Cachucha tu. u from left to right each time.
2. Run forward, left, right, left, right heel, change and put left heel in front. Repeat with same feet.
3. Two threes and a seven. Repeat to right.
4. Jump down and face partner, clap hands. Jump down and turn back to partner and clap hands of one on other side. Repeat.
5. Squat down, slap knees with both hands, hand together, clap right hands across, hands together, left hands across, hands together, both hands to partner.
6. Repeat 5.

Kindness of "Dusty" Stapp.

From Blackfriars  
"Capturing Calypso" 1911.  
H. RUSSELL STAPP.

Al - ci - bi - a - des X - en - o - phon Jones,

His name would live to-day if his weapons had been bones. He was hip for a tip as he

used to be a porter; at the height of the fight he would always beg for quarter Dark horse of the Greeks

Kink - y hair and smoky cheeks; His battle cry was "Seven come eleven" Al - ci - bi - a - des Jones.

# Bit of a Brogue.

- 1: 2 "Fives" (Begin with left foot) turn left and "Five" Repeat.
- 2: Both hands down to right and up to left-2 "Fives"- Repeat to right.
- 3: Down own leg-Side step-Repeat-4 times. Down own leg-Side step-Repeat whole.

- 4: Come dance with me.
- 5: Russian Step.
- 6: Stamp left, stamp right (boy offer both hands to partner) 2 "fives" Stamp left, stamp right, girl turn her back on boy, girl waltz in half circle around boy waltz together. Jump girl.

The musical score is written for piano in 3/4 time, featuring a key signature of one flat (B-flat). It consists of 32 numbered measures, each with a treble and bass staff. The notation includes various musical symbols such as eighth notes, quarter notes, and chords. Measures 1 through 11 are in the key of B-flat, while measures 12 through 32 are in the key of D major. The score includes several triplets and slurs, indicating specific rhythmic patterns. The measures are numbered 1 through 32, with some measures containing multiple measures of music.



# Teddy Bears

31

Written by  
Prof. HEBBERT.  
Boston.

*To be danced to the music of Jumping Jack*

## STEP 1.

- Meas. 1  
Count 1 Hop on left foot and touch right behind left heel hands waist high.
- Meas. 2  
Count 1 Hop on left foot swing right foot up forward.
- Meas. 3-4  
Count 1 Hop on left foot touch right foot in front of left.
- Meas. 5  
Count 1 Hop on left foot swing right foot up forward, right hand high.
- Meas. 6-8  
Count 1 Gallop forward, finishing with hop on right foot arms out at side raising left leg high behind.
- Meas. 9-16  
Count 1 Step back on left foot, swing right up forward arms sideways.
- Meas. 17  
Count 1 Step on right foot swing left leg up forward arms sideways.
- Meas. 18  
Count 1 Step on left foot swing right leg up backward arms sideways.
- Meas. 19  
Count 1 Step on right foot swing left leg up backward arms sideways.
- Meas. 20-24  
Count 1 Full turn to left hopping on left foot four times.
- Meas. 25-32  
Count 1 In turning left arm is circled overhead.
- Meas. 33-34  
Count 1 Repeat, starting with other foot.

## STEP 2.

- Meas. 1  
Count 1 Hop on left foot and touch right foot behind left heel.
- Meas. 2  
Count 1 Hop on left foot and swing leg sideways to right.
- Meas. 3  
Count 1 Hop on left foot and touch right toe in front of left leg.
- Meas. 4  
Count 1 Hop on left foot and swing right leg up sideways.
- Meas. 5  
Count 1 Cross-step right behind left leg.
- Meas. 6  
Count 1 Step left foot sideways to left.
- Meas. 7  
Count 1 Cross-step right foot in front of left.
- Meas. 8  
Count 1 Hop on right foot and swing left sideways upward.
- Meas. 9-16  
Count 1 Repeat, starting with opposite foot.
- Meas. 17-32  
Count 1 Repeat whole of step II.

## STEP 3.

- Meas. 1-2  
Count 1 Same as first and second Meas. of step one.
- Meas. 3-4  
Count 1 Gallop sideways 4 steps to right finishing with jump on both feet hands in circle over head.
- Meas. 5  
Count 1 Step to left with left foot.
- Meas. 6  
Count 1 Hop on left foot and raise right leg across left.
- Meas. 7  
Count 1 Step sideways to right with right foot.
- Meas. 8  
Count 1 Hop on right foot and raise left leg across right.
- Meas. 9-16  
Count 1 Gallop sideways to left finishing on both feet.
- Meas. 17-32  
Count 1 Repeat, starting with left foot.

## STEP 4.

- Meas. 1  
Count 1 Hop on left foot and place right heel obliquely on floor.
- Meas. 2  
Count 1 Hop on left foot and place right toe behind left heel.
- Meas. 3-4  
Count 1 Same as meas. 49.
- Meas. 5-16  
Count 1 Run forward four steps (bring knees well up as in Cake Walk).

Meas. 53  
Count 1

- Hop on left foot and touch right toe obliquely backward right.
- Count 4 Hop on left foot and touch right heel obliquely backward right.

Meas. 54  
Count 1

- Hop on left foot and touch right toe obliquely backward right.

Count 4

- Hop on left foot and touch right heel obliquely backward right.

Meas. 55-56

- Gallop obliquely backward to right, finishing on both feet, heels together.

Meas. 57-64

- Repeat, starting with opposite foot.

## STEP 5.

Meas. 1-2

- Same as first and second measures of step 1.

Meas. 3

Count 1

- Cross-step right foot behind left leg.

Count 4

- Jump sideways to left crossing right foot in front of left foot, land on left foot first.

Meas. 4

Count 1

- Jump sideways to left landing with right foot behind left foot.

Count 4

- Swing left leg up sideways to left.

Meas. 5-8

- Repeat, starting with opposite foot.

Meas. 9-16

- Repeat whole step.

## STEP 6.

Meas. 17

Count 1

- Slide right foot obliquely forward, right arm leading.

Count 4

- Hop on right foot raise left foot well up backward, right arm leading.

Meas. 18

Count 1

- Step back on left foot, raising right foot upward, left arm upward, right arm across body.

Count 4

- Hop on left foot, raising right foot upward, right arm across body.

Meas. 19-20

- Turn to right with 3 running steps (R. L. R.) and hop on right foot, raising left leg forward.

Meas. 21-24

- Repeat, starting with left foot.

Meas. 25-32

- Repeat whole step.

## STEP 7.

- Play step (VIII) of Jumping Jacks

Meas. 49-50

- Same as first and second measures of step 1.

Meas. 51-52

Meas. 53

Count 1

- 4 hops forward on right foot, right arm leading
- $\frac{1}{4}$  turn left. Stepping on left foot - swing right leg forward.

Count 4

- $\frac{1}{4}$  turn left. Stepping on right foot - swing left leg forward.

Meas. 54

Count 1

- $\frac{1}{4}$  turn left. Stepping on left foot - swing right leg forward.

Count 4

- $\frac{1}{4}$  turn left. Stepping on right foot - swing left leg forward.

Meas. 55-56

- Turn left with three running steps (L. R. L.) and heels together.

Meas. 57-64

- Repeat whole step starting with left foot.

Hinman Gymnastic Dancing  
Chicago

# Jumping-Jacks Jubilee.

Prof. Hebbert '08.  
Providence.

1. Forward jump.
2. Sweep step. Mercury  
hop, to place.
3. To side. Highland Fling, turn.
4. Scissors or cobbler 16 times  
"Vokes" and kick
5. Rubber legs 16; "Vokes" 12; turn to place.
6. "Mandarin" 8 forward; hop 4; turn 4.

"Vokes" left, "Vokes" right  
cartwheel and kick.

8. First step grotesque  
(break your leg.)

First step, walk backward  
handspring forward or  
walk forward and sit down.

The musical score is written for piano in 6/8 time, featuring a key signature of one sharp (F#). It is divided into two main sections: I-V and II-VI. Section I-V contains measures 1 through 16, while Section II-VI contains measures 17 through 32. The score includes various musical notations such as triplets, slurs, and dynamic markings like *fz* (forzando), *mf* (mezzo-forte), and *f* (forte). Measure numbers 1 through 32 are clearly indicated below the notes. The notation is spread across six systems of two staves each (treble and bass clef).



## Hinman Gymnastic Dancing

Chicago

## JUMPING JACK-Continued

III-VII Omit VII for Teddy Bears and play VIII

Musical score for "JUMPING JACK-Continued" in 6/8 time. The score is divided into two main sections: III-VII and IV-VIII.

**Section III-VII:** Measures 33-42. The tempo is marked *p* (piano) and *dolce* (sweetly). Measures 33-36 are marked *p*, and measures 37-42 are marked *fz* (forzando).

**Section IV-VIII:** Measures 43-64. The tempo is marked *f* (forte). Measures 43-48 are marked *f*, and measures 49-64 are marked *fz*.

The score includes various musical notations such as treble and bass staves, notes, rests, and dynamic markings. Measure numbers 33 through 64 are indicated at the beginning of each measure.

# Dance of the Jumping Jacks

Written by  
Prof. OLIVER HELBERT

- STEP 1**
- Meas. 1  
Count 1 Slide right foot obliquely forward, raising left leg backward, Left hand obliquely backward, downward. Right hand upward.
- Count 4 Hop on right foot, raising left leg backward. Right hand obliquely forward, upward. Left hand obliquely backward downward.
- Meas. 2  
Count 1 Slide left foot obliquely forward, raising left leg backward, and change arm positions.
- Count 4 Hop on left foot raising right leg backward. Arms as above.
- Meas. 3  
Count 1 Slide right foot obliquely forward, arms as above.
- Count 4 Hop on right foot, arms same as in Meas. 1.
- Meas. 4  
Count 1 Hop on right foot, arms same as in Meas. 1.
- Count 4 Hop on right foot, arms same as in Meas. 1.
- Meas. 5  
Count 1 Step backward on to left foot raising right across left leg, right knee bent. Right arm circled across body, left arm overhead
- Count 4 Hop on left foot, arms remain the same.
- Meas. 6  
Count 1 Step backward on to right foot raising left across right leg, left knee bent, left arm across body, right arm circled upward.
- Count 4 Hop on right foot, arms remain the same.
- Meas. 7  
Count 1 Hop backward on to left foot, raising right across left leg, arms circled at front horizontal.
- Count 4 Hop backward on to right, raising left across right leg, arms same.
- Meas. 8  
Count 1-4 Repeat measure 7.

- Meas. 9-16 Repeat whole step, begin left.
- Meas. 17  
Count 1 **STEP 2**  
Cross right over left.
- 1-3-5 Slide right foot across left, bend left knee and body sideways, left arm sideways and step left foot sideways.
- Close right foot to left foot, and slide left foot sideways left.

- Meas. 18  
Count 1 Slide left foot across right and step right foot sideways.
- Count 1 Close left foot to right foot and slide right foot sideways right.
- 1-3-5 (The three movements are made in two counts).

- Meas. 19-20  
Count 1-3-5 Repeat action of measures 17 and 18.

- Meas. 21  
Count 1 Slide right foot obliquely forward, raising left leg well backward, right arm obliquely forward upward, left arm downward.
- Count 4 Hop on right foot.

- Meas. 22  
Count 1 Step backward on left foot, raise right leg forward, left arm upward, right hand on hip.
- Count 4 Hop on left foot.

- Meas. 23-24  
Count 1-4 1-4 Four hops on right foot, <sup>1</sup>/<sub>4</sub> turn to right on each hop right arm upward, left hand on hip.
- Repeat, starting with left, using Meas. 25-32.

- STEP 3**  
"Two-step sideways"

- Meas. 33  
Count 1 Slide right foot to right left arm upward, right hand on hip and bring left foot to right foot.
- Count 4 Hop on left foot raising right foot upward.
- (three movements in two counts).

- Meas. 34  
Count 1 & 4 Repeat Meas. 33.

- Meas. 35  
Count 1-4 3 hops on right foot with <sup>1</sup>/<sub>4</sub> turn right on each hop. Right arm upward, left hand on hip.
- Meas. 36  
Count 1-hold

Repeat to left measures 37-40.

Repeat whole step, measures 41-48.

## STEP 4 "The Cobbler" or "Scissors"

- Meas. 49  
Count 1 Jump to side, straddle, on heels arms obliquely sideways upward.

- Count 3 Jump to squat, hands on hips.
- Count 4 Jump to side, straddle on heels.
- Count 6 Jump to squat, hands on hips.

Measures 50 to 56 repeat action of Meas. 49.

- Meas. 57  
Count 1 Straighten knees, raise right leg sideways. Hop on left foot and describe circle with right foot ("Twist" or vokes)

- Meas. 58  
Count 1 Touch right toe behind left heel. Hop on left foot.
- Count 4 Kick right leg sideways. Hop on left foot.

- Meas. 59  
Count 1 Step on right foot and raise left leg sideways, left.
- Count 4 Hop on right foot and "twist" left leg (vokes)

- Meas. 60  
Count 1 Hop on right foot and touch left toe behind right heel.
- Count 4 Hop on right foot and raise left leg sideways left.
- Repeat action for 57 to 60 using Meas. 61 to 64.

## STEP 5

### "The Rock" (Rubber legs)

- Meas. 1  
Count 1 Swing left foot in front of right, raising right heel. Hands clasped in front.

- Count 4 Lower right heel and raise left heel
- Meas. 1-3 Repeat above action.

- Meas. 9  
Count 1 Weight on left foot, raise right leg sideways right.
- Count 4 "Twist" right leg (vokes)

- Meas. 10  
Count 1 Weight on right foot raise left leg sideways left.
- Count 4 "Twist" left leg (vokes)

- Meas. 11-12  
Count 1-4 Repeat action for Meas. 9-10.

- Meas. 13-14  
Count 1-4 Four hops on left foot.

- Meas. 15-16  
Count 1-4 3 hops to right on right <sup>1</sup>/<sub>4</sub> turn on each hop, right arm upward left hand on hip.
- Count 1-hold

## STEP 6

### "The Mandarin"

- Meas. 17  
Count 1 Hop on left foot, bend left knee. Place right heel obliquely forward, right. Right arm obliquely sideways upward, left arm downward.
- Count 2 Reverse positions of hands and feet.

- Meas. 18-20 Repeat above action

- Meas. 21-22  
Count 1-4 Slide right foot obliquely forward, right arm obliquely forward upward, left arm downward.
- Count 1-4 Three hops on right foot.

- Meas. 23-24  
Count 1-4 4 hops on left foot <sup>1</sup>/<sub>4</sub> turn left, on each hop, left arm upward, right hand on hip.

- Meas. 25-32 Repeat, starting with L. foot use action of meas. 17-24.

## STEP 7

### "The Cartwheel"

- Meas. 33  
Count 1 Weight on left foot, raise right foot sideways right.
- Count 4 "Twist" right leg (vokes)

- Meas. 34  
Count 1 Weight on right foot, raise left leg sideways left.
- Count 4 "Twist" left leg (vokes)

- Meas. 35-36 "Cartwheel" to L. or step on L. complete turn to L.

- Meas. 37-40 Repeat other side, right.

- Meas. 41-48 Repeat entire step.

## STEP 8

### "Handspring"

- Meas. 49-53 Same as in first step, only begin with L. foot.

- Meas. 53 Step left foot sideways turning in step to floor, both knees bent. (grotesque as "Break leg")

- Meas. 54 Reverse of Meas. 53.

- Meas. 55-56 Repeat action for Meas. 53-54 only change weight 3 times

- Meas. 57-60 Repeat action for Meas. 49-53 starting with left foot.

- Meas. 61-62 Walk backward 3 steps beginning left.

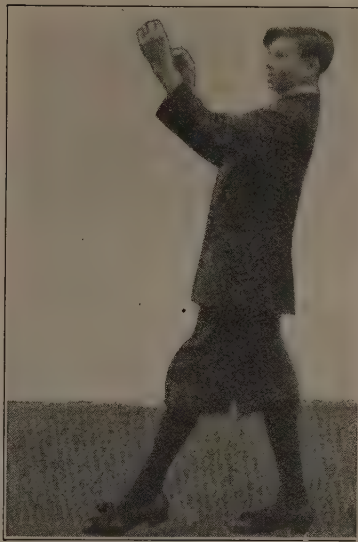
- Meas. 63-64 Walk forward 2 steps & handspring forward or sit on ground.



# JUMPING JACKS



STEP 1



STEP 2



STEP 3



STEP 4 (first part)



STEP 4 (second part)



STEP 5



STEP 6



STEP 7

## Little Jack Horner.

*Nursery Rhymes.*

*Ascham Hall '02*

Little Jack Horn - er sat in the corner eating a Christ-mas pie He

The first line of music is in G major, 6/8 time. It consists of a treble and bass staff. The treble staff has a key signature of one sharp (F#) and a time signature of 6/8. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the treble staff.

*Step left - point - Step right, point, Two draws to left - point, point -*

put in his thumb and pull'd out a plum and said what a good boy am I.

The second line of music continues the melody and bass line from the first line. The lyrics are written below the treble staff.

*Step right, point - step left-point, two draws to right- point, point.*

## Hickory Dickory Dock.

Dickor - y dick-or - y dock The mouse ran up the clock The

The first line of music for 'Hickory Dickory Dock' is in G major, 6/8 time. It consists of a treble and bass staff. The treble staff has a key signature of one sharp (F#) and a time signature of 6/8. The melody is written in the treble staff, and the bass line is in the bass staff. The lyrics are written below the treble staff.

*Going to left:*

*Step on left hop, step on right, hop, step on left, hop, point left - Repeat - to right -*

clock struck one down the mouse run Hickor - y dickor - y dock.

The second line of music continues the melody and bass line from the first line. The lyrics are written below the treble staff.

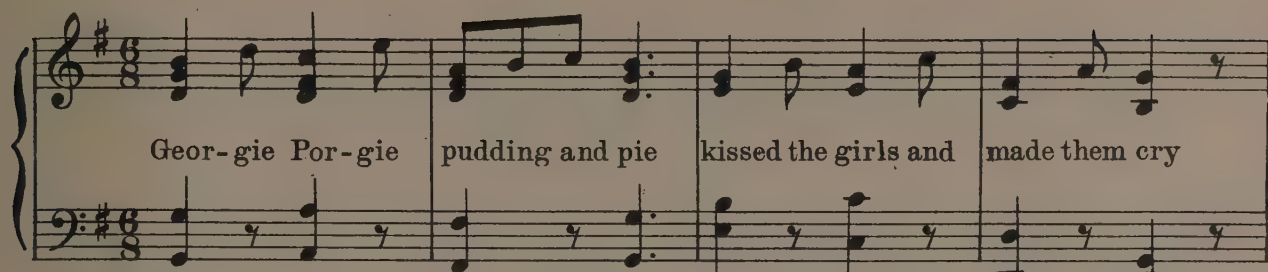
*Step left point - Step right point - Step hop in circle three counts and hold.*



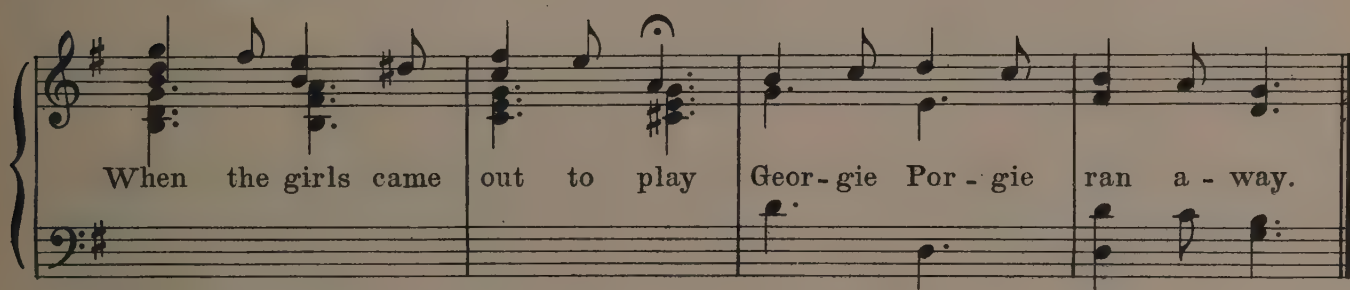
## Georgie Porgie.

Ascham Hall '02

Nursery Rhymes.



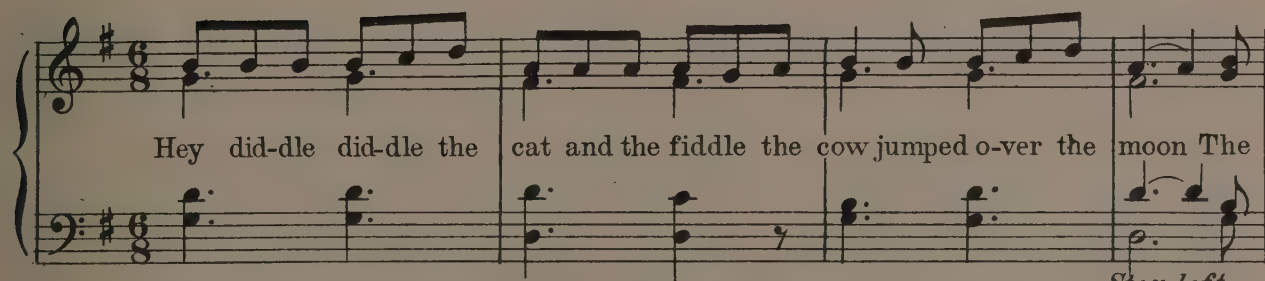
*Step left-feet together, step left, together step right, together step right together*  
*Hands low*



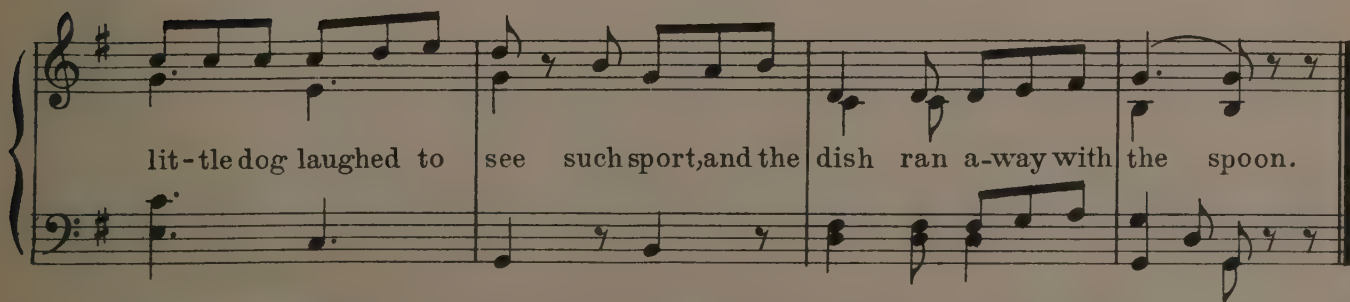
*Turn to left with three hops and hold-*

*Four slides obliquely backward-*

## Hey Diddle Diddle.



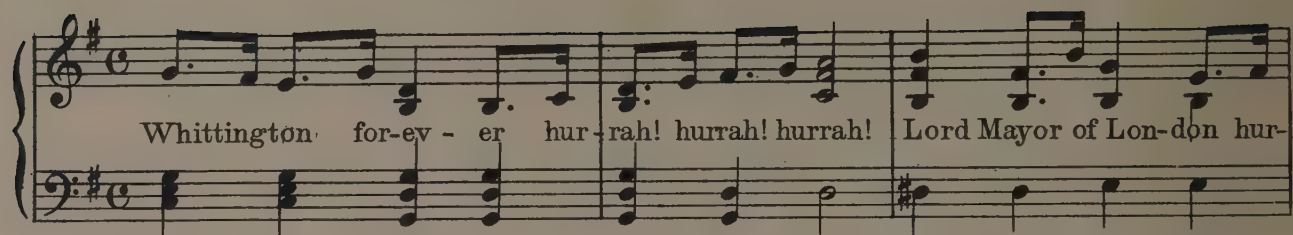
*Step on left, swing right, Step on right, swing left, Slide left together, swing right.*



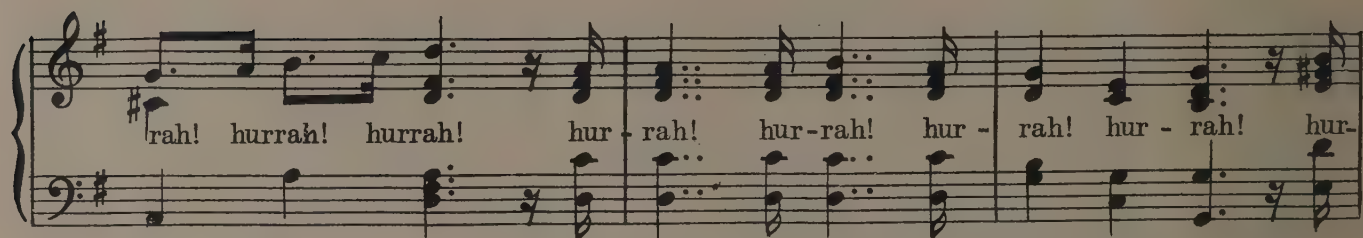
*Step on right swing left Step on left swing right Three slides forward & complete turning jump to left.*

# Whittington

## Nursery Rhymes

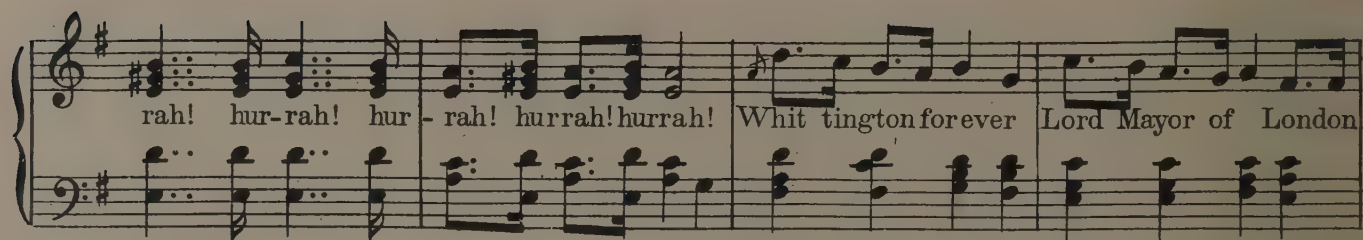


*Walk three steps to left. Turn to left hopping on left foot. Walk to right Turn to right, hop*



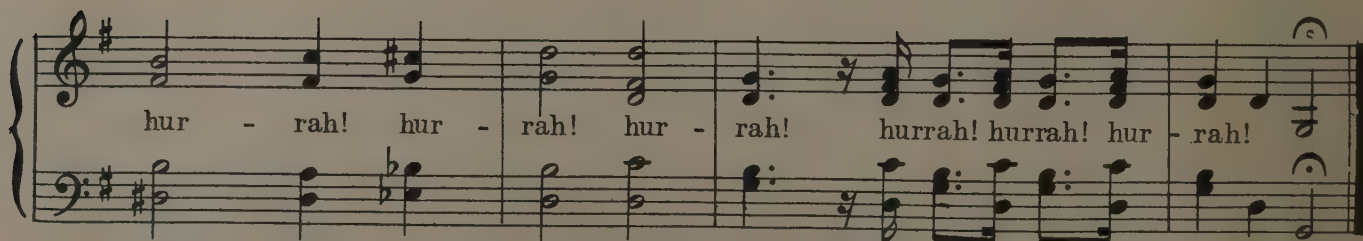
*on right foot.*

*Step left, hop on left etc. (retreating) Step right, hop on right etc.*



*Repeat, advancing*

*Step to left, twice with draws. step left, pirouette step & hold*



*Repeat to right*

*Advance, stamping left.*



WYMANS SPRING DANCE (Continued)

*Agitato.*

F. CHOPIN, Op 28. N<sup>o</sup> 1.

*mf* 1 2 3 4 5 6

7 8 9 10 11 12 13 *cresc.*

14 15 16 17 18 19 20

21 22 23 24 *p* 25 26 27

28 29 30 31 32 *rit.* *pp*

**"HELEN"**  
**BLACKFRIAR GREEK DANCE**

Solo or group of three

**PART ONE**

Stand side by side as you face the audience. Arms on level with shoulder—left arm with hand pointing to horizon—right hand and arm slightly drooping.

*First step* } Walk to left—left—right—left—right—raising hand slowly as rising sun until head and arm are ver-  
*2 Measures* } y high on fourth count.

*2 Measures* } Step back on left—right foot over and pironette to left slowly making  $3\frac{1}{4}$  turn to face audience. At  
end of pironette step back on left foot and point right. Bring hands down slowly as you turn until right  
hand is over right foot and left hand high back of head.

*Second step* } Step forward on right foot throwing arms out and head back to give thanks for rising sun. Turn  
*2 Measures* } left foot up behind and deep bend—rise and point left foot to left at same time bringing right hand over  
head to meet left in a circle at left side. Slowly bring right hand back to place with big circular motion  
and head following. (2 Measures) Repeat this stepping forward left—Reversing—

*Third step* } Balance to right on right foot hands raised to part the tree branches balance back on left and look  
*1 Measure* } back over shoulder for shadow on ground.

*1 Measure* Repeat balancing forward right back left (2 Measures) Repeat 2d step stepping forward right.

*2 Measures* } Step forward left—forward right—make backward turn to left hand and step back on left foot with  
back to audience arms outstretched looking at audience over left shoulder with heavy back bend.  
Hold this pose a count.

*2 Measures* } Step right then left to back of stage then swing right foot around to make you face right completely  
and go down in court bow with right foot behind and weight on left. Rise and bring hands up together  
palms up as with an offering. Hold pose.

**PART TWO**

*8 Measures* } Right hand on hip elbow pointing to audience left hand on horizon. Slide right foot forward with  
weight, look to left and slowly raise left hand as sun goes from horizon to zenith. Bring left hand down  
on hip and repeat step to opposite side. Repeat again using left hand. Leave left hand above head—step left  
right across pironette to left half turn and repeat all with back to audience.

Left hand pointing to sun cross right foot over and stoop very low bringing right hand down to the ground. (Here the maidens are telling the buds and flowers in the ground of the glory of the sun.)

*4 Measures* } This done to left three times going down on right then left foot then right. Last time bring both hands  
up with offering—weight on right foot—left foot up behind.

*4 Measures* Swing left foot over in front and repeat all to right ending with offering pose.

**PART THREE**

*2 Measures* } Calling up the winds—Left foot pointing to audience left hand extends over it. Lean over slightly and  
raise hand slowly till leaning back with hand above head.

*2 Measures* } Point left foot to left and extend hand over it—raise hand slowly as before—taking but four counts then  
put left foot back and make a half turn to left ending with weight on left foot—arms extended—head back  
looking over left shoulder towards audience.



4 Measures { Slowly turn head from left hand to right hand at same time changing weight to right foot and rising to right forward on last count. Repeat first four measures with back to audience except that you do not make the half turn in last two measures—Simply bring left hand from left overhead to right and hold pose.

2 Measures { Bring hands back to horizon—step left to left—right to left—and make a half turn on right foot swinging face to audience.

Change weight to left and rise on toe with hands extended as in farewell—hold one count.

2 Measures Step right to right—then left—then right and swing back on left as before holding pose for finale.

Taken from  
"Capturing Calypso"

Music by kind permission.

Blackfriar '10  
Music by Richard Meyer  
"HELEN"

The musical score is written in 4/4 time with a key signature of two sharps (F# and C#). It consists of 16 measures, numbered 1 through 16. The notation includes a piano part with treble and bass staves, and a vocal line in the treble staff. Measure 1 is marked with a first ending bracket. Measures 2, 3, and 4 are grouped together. Measures 5 through 8 are grouped together. Measures 9 through 12 are grouped together. Measures 13 through 16 are grouped together. The score includes dynamic markings such as *8va.....* and *8va*. The piece concludes with a double bar line at the end of measure 16.

## HELEN

*Blackfriar Greek Dance of Spring*

Coming into the sacred grove the maidens hail the gentle Spring, Figure 1. Bending and swaying in the breeze, Figure 2, they push aside the branches and into the sun, then turn to watch the flickering shadows of the first green leaves upon the brown earth, Figure 3. Feeling the warmth of the sun as it falls upon them they sink in praise to gather the modest flower of Spring and offer it in gratitude to Pan, the God of youth. The maidens trace Appollo's course from his first appearance on the horizon to his zenith high over head, then stooping tenderly they whisper to the sleeping flowers the wondrous tidings of another Spring and point them ward to their God, the Sun, Figure 4. The maidens now call up the windsand, watch their flight across the skies, Figure 5. Then bidding farewell to winter they from out the grove.



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4



FIGURE 5



# EGYPTIAN.

Miss File-1915

RUBINSTEIN.

I. Step right and flex (4 times) See Fig. 1. three steps and a leap.

Part I of the musical score, measures 1 through 16. The music is written for piano in 3/4 time, featuring a key signature of one flat (B-flat). The score is divided into two systems of five measures each. The first system includes measures 1-5, and the second system includes measures 6-10. The third system includes measures 11-16. Measures 1, 3, 5, 7, 9, 11, 13, and 15 are marked with a piano (*p*) dynamic. Measures 6 and 9 are marked with a *Faster* tempo instruction. The notation includes various musical symbols such as eighth notes, sixteenth notes, and triplets, as well as trills (*tr*) in measures 1, 5, 11, and 13. The bass line consists of simple chords and single notes, while the treble line features more complex rhythmic patterns.

II. Step right and flex, cross hands down in front and up. See Fig. 2.

Part II of the musical score, measures 17 through 20. The music continues in the same key signature and time signature. Measures 17 and 19 are marked with a forte (*f*) dynamic. The notation includes eighth notes, sixteenth notes, and triplets. Measures 17 and 19 feature a trill (*tr*) in the treble line. The bass line continues with simple chords and single notes, while the treble line features more complex rhythmic patterns.

III.

Step left over right, and down. See Fig. 8.

21 22 23 24 25

*f* *p*

Whirl in circle and end facing in, hands up.

*Slower* 26 27 28 29 30

Going sunwise in circle, Right hand crossed in front and under. Left hand forward and over. Step left and flex, walk three steps. All 4 times.

IV.

31 32 33 34

*f* *p*

35 36 37 38 39 40

*tr* *tr*

V. See step 2—and Fig. 2. Three change steps and appel.

Run on toes to left.

Appel

41 42 43 44 45 46 47

*f*



Step right and hop twice,  
turning on spot. See Fig. 5.

Two steps and appel.

Hold pose see Fig. 4. VI.

Hands coming down.

Whirl into circle, end facing out.

Hold.

VII. Part 2.

Form in two lines.

First line two balance steps on spot.  
Two Waltz steps turning.  
Second line forward. Step right and  
flex-walk three. See Fig. 8.

All balance in place facing front. Two Waltz steps turning.

All down, both hands back. See Fig. 7.

Repeat all.  
Lines Vica Versa.

Musical notation for measures 76-80. The key signature is two sharps (F# and C#). Measure 76 has a piano (p) dynamic. Measures 78 and 79 feature a melodic line in the right hand with many sharps, while the left hand plays a steady bass line. Measure 80 is marked with a piano (p) dynamic.

Musical notation for measures 81-85. The key signature is two sharps. Measures 82 and 84 feature a melodic line in the right hand with many sharps, while the left hand plays a steady bass line.

All balance in place facing front. Two Waltz steps turning.

Musical notation for measures 86-90. The key signature is two sharps. Measures 86 and 88 feature a melodic line in the right hand with many sharps, while the left hand plays a steady bass line.

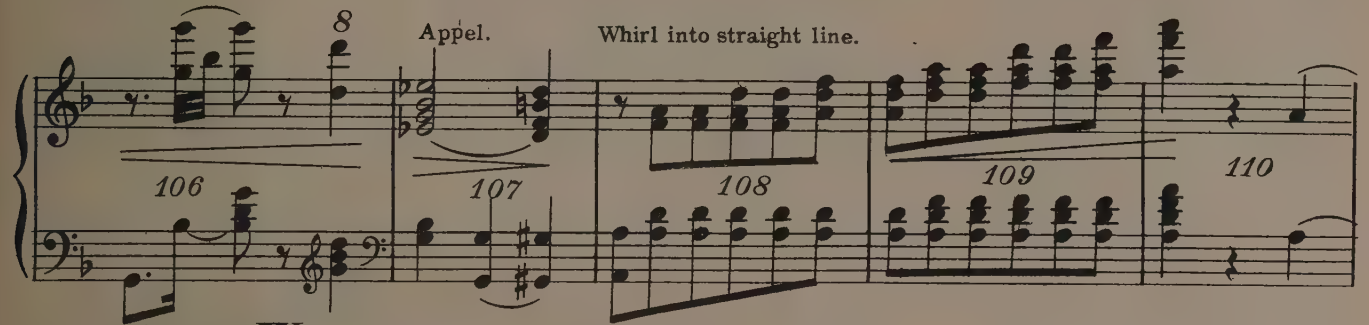
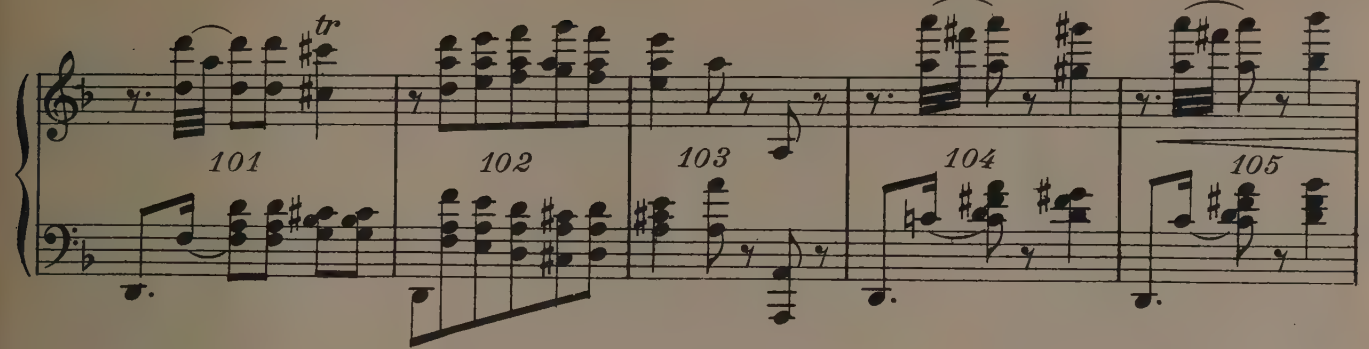
Whirl in circle, end facing in, hands high.

Musical notation for measures 91-95. The key signature is two sharps. Measures 91 and 93 feature a melodic line in the right hand with many sharps, while the left hand plays a steady bass line.

**VIII.** Step right flex and walk three steps as in step 4 Right palm up, left finger tips touching own hip.

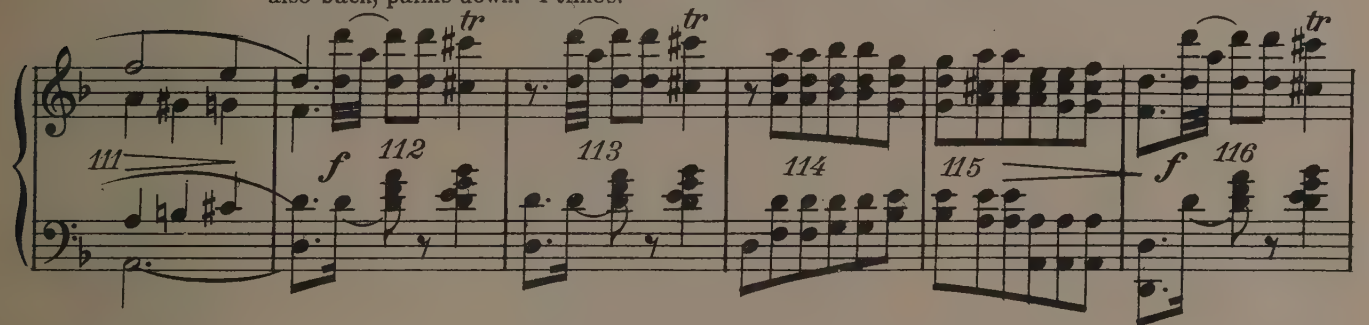
Musical notation for measures 96-100. The key signature is two sharps. Measures 96 and 98 feature a melodic line in the right hand with many sharps, while the left hand plays a steady bass line. Measure 100 includes a trill (tr) in the right hand.



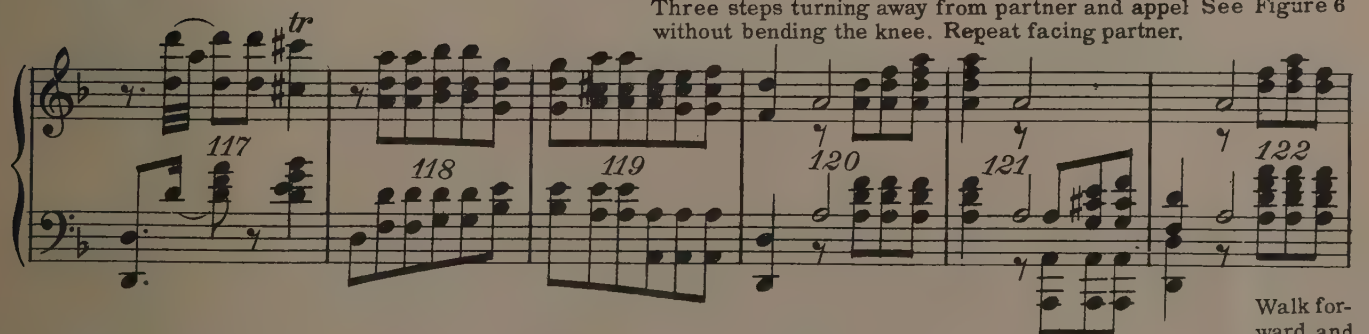


**IX. Face partner.—**

Step forward right hop twice (left knee bent and forward) step left, head and foot back and hands also back, palms down. 4 times.



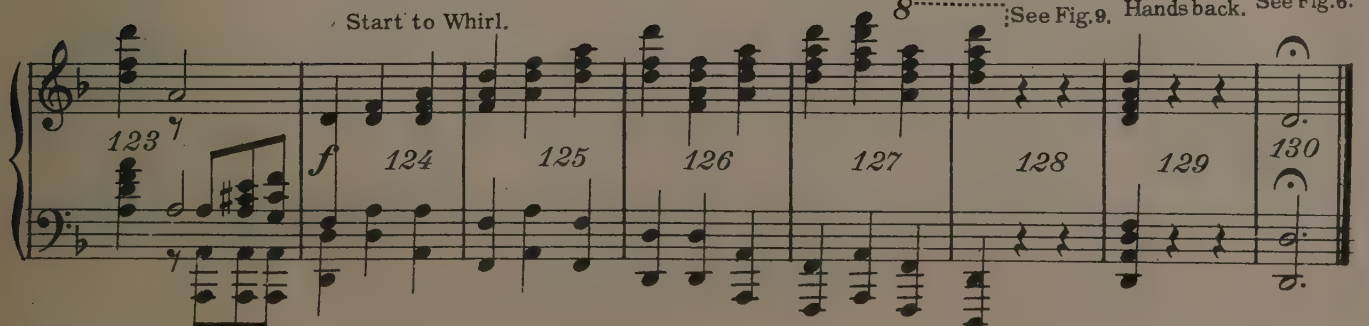
Three steps turning away from partner and appel See Figure 6 without bending the knee. Repeat facing partner.



Walk forward and exit.

Start to Whirl.

8 On one knee. See Fig. 9. Hands back. See Fig. 6.



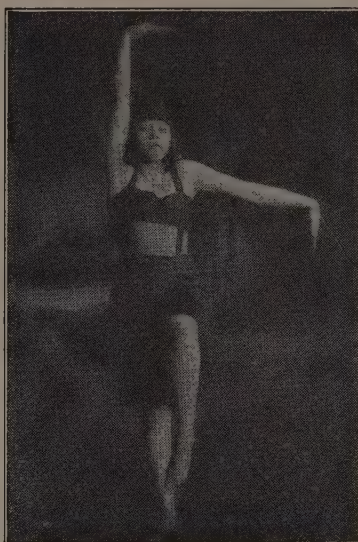


# EGYPTIAN

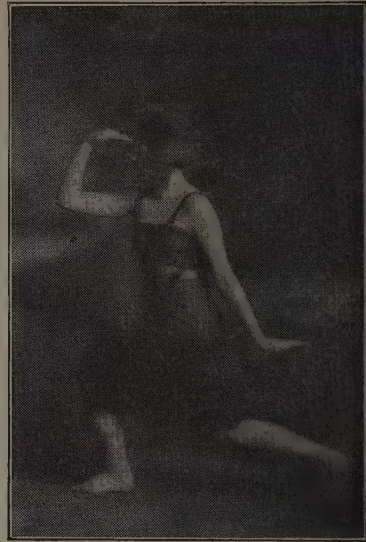
ANNETTE VAN DYKE, Graduate Hinman School, '16



1



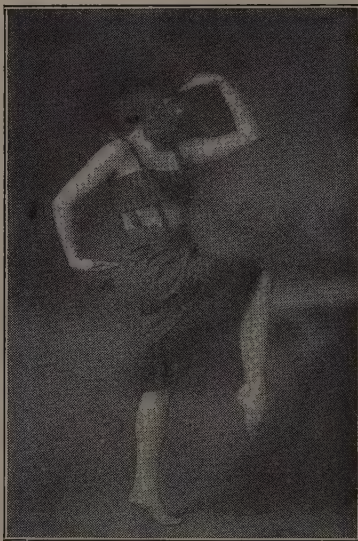
2



3



4



5



6



7



8



9



# Faun Dance

(A LA BIEN AIMEE)

Arranged and danced by Frank Parker 1914.

- STEP I. POSE (Measure 1) Right knee raised, head down, palms out in front of eyes. POSE (Measures 2-3)  
(A) Step out on right foot, right arm high, left leg raised behind, left arm over left leg — Body slightly turned to left. Repeat the two poses, ending on toes, palms out at waist. (Meas. 4-5)  
(B) 1. Run forward (Meas. 6-7) right, left, right, left, right and bend left knee to ground. 2. Jump back (Meas. 8-9) left, together, left, jump on right. [On 1. Arms and fingers straight forward, thumbs up  
On 2. Arms overhead.  
(C) Run 6 steps diagonally forward right, (Meas. 10-11) Right arm leading, left low behind, on first three counts. Both arms high in bowl shape on last three counts. Repeat to left, left arm leading. Run six counts to back of room, (Meas. 12-13) looking back first over left shoulder, then over right, ending with pose to the back of the room (Meas. 14-17) on toes, arms diagonally up—head back—arms coming down sideways, shoulder high, over eyes and down at sides, while turning  $1\frac{1}{2}$  left.
- STEP II. Repeat I a and b (Meas. 18-25) Facing left, step back right (attitude of surprise) (Meas. 26-27) Feet together, push out with both arms, head back, level with hands (Meas. 28-29) Step left and turn, arms out (Meas. 30-33) ending in characteristic faun pose. Left knee raised, left arm low, Right arm high, head low looking up—Hands at right angle to arms.
- STEP III. Stamp left— (Meas. 34) [arms from overhead to straight behind]. Run diagonally forward to right (Meas. 35-37) stamp right on meas. 38 arms diagonally up. Turn meas. 39-41 half left. Repeat to back of room diagonally right. (Meas. 42-49.)
- STEP IV. Nine skipping steps in circle, (Meas 50-58) starting R. L. hand low on 1 & 2, both high on 3, R. hand low, both high, L. low, both high. Whirl (Meas. 59-65) to left starting low, working higher, arms over shoulders straight above & down.
- STEP V. Step left faun pose see step II (Meas. 66-69) step left faun pose forward repeating I b, (Measures 70-72) [starting right] Step to right. Right arm overhead and out to right (Meas. 73-75) Step to left. Left arm overhead and out to left (Meas. 76-77). Both arms crossing at chest, up overhead (Meas. 78-81) and down sideways.
- STEP VI. Left knee high, right hand above left, skip in circle, step on left, left arm high, step right, left knee up, right arm above—(Meas. 82-88) Pose on toes, arms diagonally up (Meas. 89-90). Run forward (meas. 91-93) pose (Meas. 94-95) Two leaps to back. (Meas. 96-97)

EDOUARD SCHÜTT Op. 59, No. 2.

STEP I. *espr. e molto dolce*

STEP II. *a tempo*

*a piacere*

*cresc. e espr.* 26 *mf* 28 *dim.* 29 *poco rit.* *a tempo* 32 *f* 33

Red. \*

STEP III.  
**Allegro**

R.H. L.H. 34 35 36 37 38 39 40

Red. \*

41 42 43 44 45 46 47

Red. \*

*espr. dolce poco rit.* STEP IV. *a tempo poco tranquillo*

48 *dim.* 49 50 51 52 53 54 55

Red. \*

*cresc.* 56 *mp* 58 59 60 61

Red. \*



8

*stringendo*

91 92 93 94 95 *rit.* 96 *piu rit.* 97

*Ped.*

Vol. I-8

Chicago

## DANCE of the WOOD-NYMPHS

Taken from

## "PIPES OF PAN"

Music by

LULU JONES DOWNING

For the Production in Pantomime,  
address Music Art Shop,  
Fine Arts Bldg., Chicago.

## 1. Spring (Measures 1-8)

*Dances Composed by Mary W. Hinman.*

Start to Left. Step on L and hop. Lift R behind. Arms back to right. Step R and hop. Lift L in front. Arms high in front. (Meas. 1-2)  
Repeat (Measures 3-4) Pas de Basque back left (Measure 5) Step right and pirouette (Measure 6) Face right, throw L over R and retreat,  
facing rear, 4 step-hops (Measure 7) Half pirouette left, step to right and pirouette (Measure 8)

## 2. Summer (Measures 9-16)

Step left and backward pas de basque (Measure 9) Arms half circle over-head, swinging from right to left. Repeat to right (Meas. 10)  
Step left, pivot turn (Measure 11) Step left and twirl (Measure 12) Repeat, starting right (Measures 13-16)

## 3. Autumn (Measures 17-24)

Step left and hop. Arms low. Pick up leaves and toss overhead (first half of measure 17) Waltz right making complete turn last half,  
of measure 17 Repeat (Measure 18) Three steps turning left (Measure 19) Three steps turning right and end facing rear (Measure 20)  
Step, hop and waltz twice to rear, starting to left, face rear (Measures 21-22) Backward pas de basque left, Repeat right (Measure 23)  
Step left and pirouette once and a half, strip leaves from the tree and facing front (Measure 24)

## 4. Winter (Measures 25-32)

Start to left, run 1, 2, 3, 4 hold 5 step 6. Arms in front of face, shielding it from storm (Measure 25) Repeat 4 times in big circles,  
Measures 25-28 Start right and waltz to front 4 times, turning (Measures 29-30) Pas de basque back right, back left (Meas. 31)  
Step right, leap, turn back right. (Measure 32) (End with weight on right, left pointing, facing rear, head over shoulder toward au-  
dience, arms 5th.)

*Danced by "Blue Bird."*

## 1. Spring

## 2. Summer



Chicago

## DANCE of the WOOD-NYMPHS (Continued)

*Lightly 3. Autumn*

Musical notation for measures 15-18. The key signature is three sharps (F#, C#, G#). Measure 15 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 16 continues the melody. Measure 17 starts with a piano (*p*) dynamic and features a more complex melodic line. Measure 18 continues the melody. A slur connects measures 15 and 16.

Musical notation for measures 19-22. The key signature is three sharps. Measure 19 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 20 continues the melody. Measure 21 continues the melody. Measure 22 continues the melody. A slur connects measures 19 and 20.

Musical notation for measures 23-26. The key signature is three sharps. Measure 23 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 24 continues the melody. Measure 25 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 26 continues the melody. A slur connects measures 23 and 24. Above measure 25 is the text "4. Winter" and "Slower". Above measure 26 is the text "Simile". Below measure 23 is the text "poco rall". Below measure 24 is the text "f".

Musical notation for measures 27-29. The key signature is three sharps. Measure 27 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 28 continues the melody. Measure 29 continues the melody. A slur connects measures 27 and 28. Below measure 29 is the text "poco rall".

Musical notation for measures 30-32. The key signature is three sharps. Measure 30 has a treble staff with a melodic line and a bass staff with a simple accompaniment. Measure 31 continues the melody. Measure 32 continues the melody. A slur connects measures 30 and 31. Below measure 31 is the text "Broaden". Above measure 32 is the text "8".

















